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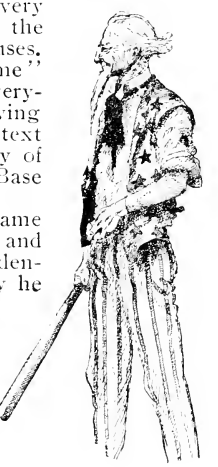
AMERICA'S NATIONAL GAME

By A. G. SPALDING

PRICE, $2.00 NET

A book of 600 pages, profusely illustrated with over 100 full page engravings, and having sixteen forceful cartoons by Homer C. Davenport, the famous American artist



The above work should have a place in every public library in this country, as also in the libraries of public schools and private houses.

The author of "America's National Game" is conceded, always, everywhere, and by everybody, to have the best equipment of any living writer to treat the subject that forms the text of this remarkable volume, viz., the story of the origin, development and evolution of Base Ball, the National Game of our country.

Almost from the very inception of the game until the present time—as player, manager and magnate—Mr. Spalding has been closely identified with its interests. Not infrequently he has been called upon in times of emergency to prevent threatened disaster. But for him the National Game would have been syndicated and controlled by elements whose interests were purely selfish and personal.

The book is a veritable repository of information concerning players, clubs and personalities connected with the game in its early days, and is written in a most interesting style, interspersed with enlivening anecdotes and accounts of events that have not heretofore been published.

The response on the part of the press and the public to Mr. Spalding's efforts to perpetuate the early history of the National Game has been very encouraging and he is in receipt of hundreds of letters and notices, a few of which are here given.

ROBERT ADAMSON, New York, writing from the office of Mayor Gaynor, says:—"Seeing the Giants play is my principal recreation and I am interested in reading everything I can find about the game. I especially enjoy what you [Mr. Spalding] have written, because you stand as the highest living authority on the game."

BARNEY DREYFUSS, owner of the Pittsburg National League club:—"It does honor to author as well as the game. I have enjoyed reading it very much."

WALTER CAMP, well known foot ball expert and athlete, says:—"It is indeed a remarkable work and one that I have read with a great deal of interest."

JOHN B. DAY, formerly President of the New York Nationals:—"Your wonderful work will outlast all of us."

W. Irving Snyder, formerly of the house of Peck & Snyder:—"I have read the book from cover to cover with great interest."

Andrew Peck, formerly of the celebrated firm of Peck & Snyder:—"All base ball fans should read and see how the game was conducted in early years."

Melville E. Stone, New York, General Manager Associated Press:—"I find it full of valuable information and very interesting. I prize it very highly."

George Barnard, Chicago:—"Words fail to express my appreciation of the book. It carries me back to the early days of base ball and makes me feel like a young man again."

Charles W. Murphy, President Chicago National League club:—"The book is a very valuable work and will become a part of every base ball library in the country."

John F. Morrill, Boston, Mass., old time base ball star.—"I did not think it possible for one to become so interested in a book on base ball. I do not find anything in it which I can criticise."

Ralph D. Paine, popular magazine writer and a leading authority on college sport:—"I have been reading the book with a great deal of interest. 'It fills a long felt want,' and you are a national benefactor for writing it."

Gen. Fred Funston, hero of the Philippine war:—"I read the book with a great deal of pleasure and was much interested in seeing the account of base ball among the Asiatic whalers, which I had written for Harper's Round Table so many years ago."

DeWolf Hopper, celebrated operatic artist and comedian:—"Apart from the splendid history of the evolution of the game, it perpetuates the memories of the many men who so gloriously sustained it. It should be read by every lover of the sport."

Hugh Nicol, Director of Athletics, Purdue University, Lafayette, Ind.:—"No one that has read this book has appreciated it more than I. Ever since I have been big enough, I have been in professional base ball, and you can imagine how interesting the book is to me."

Mrs. Britton, owner of the St. Louis Nationals, through her treasurer, H. D. Seekamp, writes:—"Mrs. Britton has been very much interested in the volume and has read with pleasure a number of chapters, gaining valuable information as to the history of the game."

Rev. Charles H. Parkhurst, D.D., New York:—"Although I am not very much of a 'sport,' I nevertheless believe in sports, and just at the present time in base ball particularly. Perhaps if all the Giants had an opportunity to read the volume before the recent game (with the Athletics) they might not have been so grievously outdone."

Bruce Cartwright, son of Alexander J. Cartwright, founder of the Knickerbocker Base Ball Club, the first organization of ball players in existence, writing from his home at Honolulu, Hawaiian Islands, says:—"I have read the book with great interest and it is my opinion that no better history of base ball could have been written."

George W. Frost, San Diego, Calif.:—"You and 'Jim' White, George Wright, Barnes, McVey, O'Rourke, etc., were little gods to us back there in Boston in those days of '74 and '75, and I recall how indignant we were when you 'threw us down' for the Chicago contract. The book is splendid. I treasure it greatly."

A. J. Reach, Philadelphia, old time professional expert:—"It certainly is an interesting revelation of the national game from the time, years before it was so dignified, up to the present. Those who have played the game, or taken an interest in it in the past, those at present engaged in it, together with all who are to engage in it, have a rare treat in store."

Dr. Luther H. Gulick, Russell Sage Foundation:—"Mr. Spalding has been the largest factor in guiding the development of the game and thus deserves to rank with other great men of the country who have contributed to its success. It would have added to the interest of the book if Mr. Spalding could have given us more of his own personal experiences, hopes and ambitions in connection with the game."

Pittsburg Press:—"Historical incidents abound and the book is an excellent authority on the famous sport."

Philadelphia Telegraph:—"In this book Mr. Spalding has written the most complete and authoritative story of base ball yet published."

New York Herald:—"If there is anyone in the country competent to write a book on base ball it is A. G. Spalding, who has been interested in the game from its early beginnings."

I. E. Sanborn, Chicago *Tribune*:—" 'America's National Game' has been added to the *Tribune's* sporting reference library as an invaluable contribution to the literature of the national pastime."

O. C. Reichard, Chicago *Daily News*:—"It is cleverly written and presents information and dates of great value to the newspaper man of to-day!"

George C. Rice, Chicago *Journal*:—"I have read the book through, and take pleasure in stating that it is a complete history of the game from the beginning until the present time."

Sherman R. Duffy, Sporting Editor *Chicago Journal*:—"It is a most interesting work and one for which there was need. It is the most valuable addition to base ball literature that has yet been put out."

Joseph H. Vila, New York *Sun*:—"I have read it carefully and with much interest. It is the best piece of base ball literature I have ever seen, and I congratulate you on the work."

Tim Murnane, Sporting Editor *Boston Globe*:—"You have given to the world a book of inestimable value, a classic in American history; a book tha' should be highly prized in every home library in the country."

Francis C. Richter, Editor *Sporting Life*, Philadelphia:—"From a purely literary standpoint, your work is to me amazing. Frankly, I would not change a line, for the reason that the story is told in a way to grip the reader and hold his interest continually."

Los Angeles Times (editorial):—"Spalding's book has been out six months and ninety thousand copies have been sold. We understand there will be other editions. America has taken base ball seriously for at last two generations, and it is time enough that the fad was given an adequate text book."

Caspar Whitney, Editor *Outdoor America*, and one of the leading authorities in the world on sport:—"You have made an invaluable contribution to the literature of the game, and one none else could have made. Moreover, you've done some very interesting writing, which is a distinct novelty in such books—too often dull and uninteresting."

New York World:—"Albert G. Spalding, who really grew up with the sport, has written 'America's National Game,' which he describes as not a history, but the simple story of the game as he has come to know it. His book, therefore, is full of living interest. It is a volume generously illustrated and abounds in personal memories of base ball in the making."

New York Sun:—"There is a mass of interesting information regarding base ball, as might be expected, in Mr. Spalding's 'America's National Game.' It is safe to say that before Spalding there was no base ball. The book is no record of games and players, but it is historical in a broader sense, and the author is able to give his personal decisive testimony about many disputed points."

Evening Telegram, New York:—"In clear, concise, entertaining, narrative style, Albert G. Spalding has contributed in many respects the most interesting work pertaining to base ball, the national game, which has been written.

"There is so much in it of interest that the temptation not to put it down until it is completed is strong within the mind of every person who begins to read it. As a historical record it is one of those volumes which will go further to straighten some disputed points than all of the arguments which could be advanced in good natured disputes which might last for months."

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WILLIAM J. CROMIE
Instructor in Gymnastics, University of Pennsylvania, Philadelphia.

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EXERCISES ON THE FLYING RINGS

By

WILLIAM J. CROMIE
Instructor in Gymnastics
University of Pennsylvania

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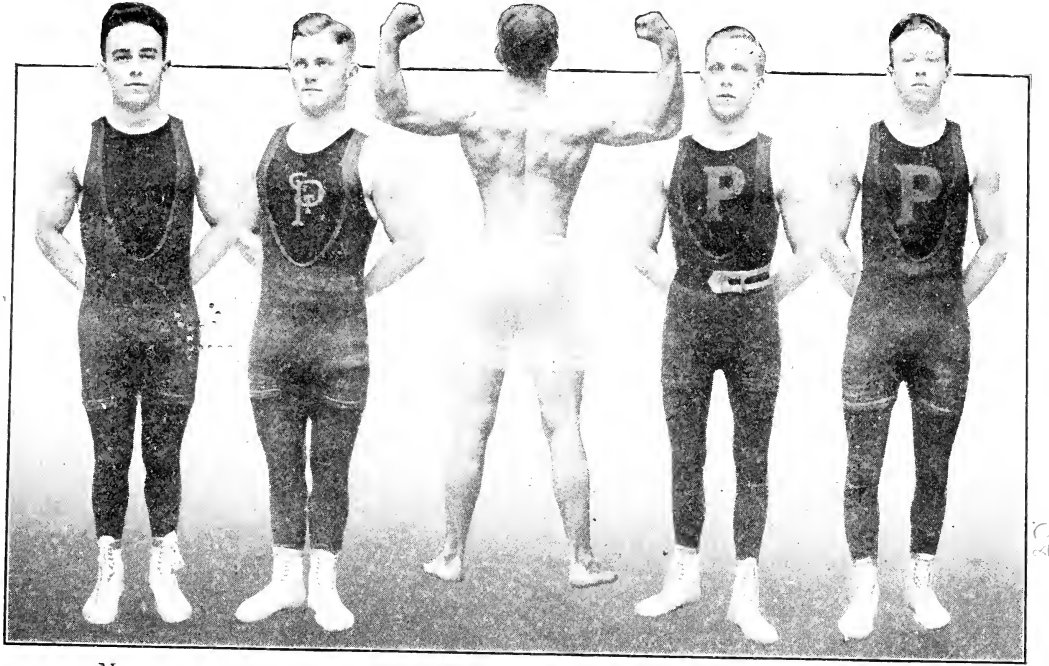

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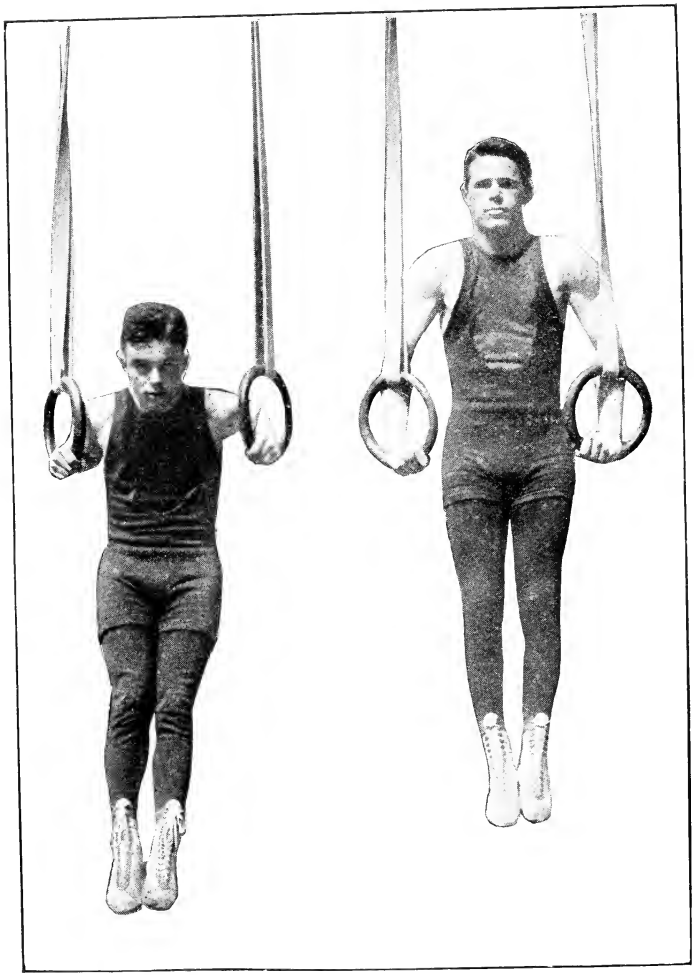
FOREWORD.

THE rings are an excellent mode of development, especially for the upper part of the body. In fact, work upon the rings (to the exclusion of other pieces of apparatus) tends to develop the muscles of arms, back and chest abnormally. To counteract this tendency, one should work upon the parallels and horse, and practice ground tumbling. Typical ring exercises develop such physical qualities as strength, equilibrium and grace, but call for little or no agility, and, for this reason, ground tumbling should be given a prominent part in one's gymnastic regimen.

The writer would rather see a gymnast upon the horizontal, parallels, horse, trapeze or rings, of mediocre ability with a symmetrical physical development than a marvelous "stunt" performer on any or all of these pieces who is all chest and shoulders. If work upon the heavy apparatus produces deformity of the upper part of the body, and fails to develop the lower part, then either the gymnast has been improperly trained or the apparatus is at fault. To prove that gymnasts may secure a symmetrical development with proper coaching the writer desires to direct attention to the poses on opposite page, showing illustrations of the coach and members of the University of Pennsylvania gymnastic team.

The writer desires to thank the members of the gymnastic team of the University of Pennsylvania who posed for the illustrations in connection with the rings, and Haeseler, photographer, who took the photographs.

WILLIAM J. CROMIE.



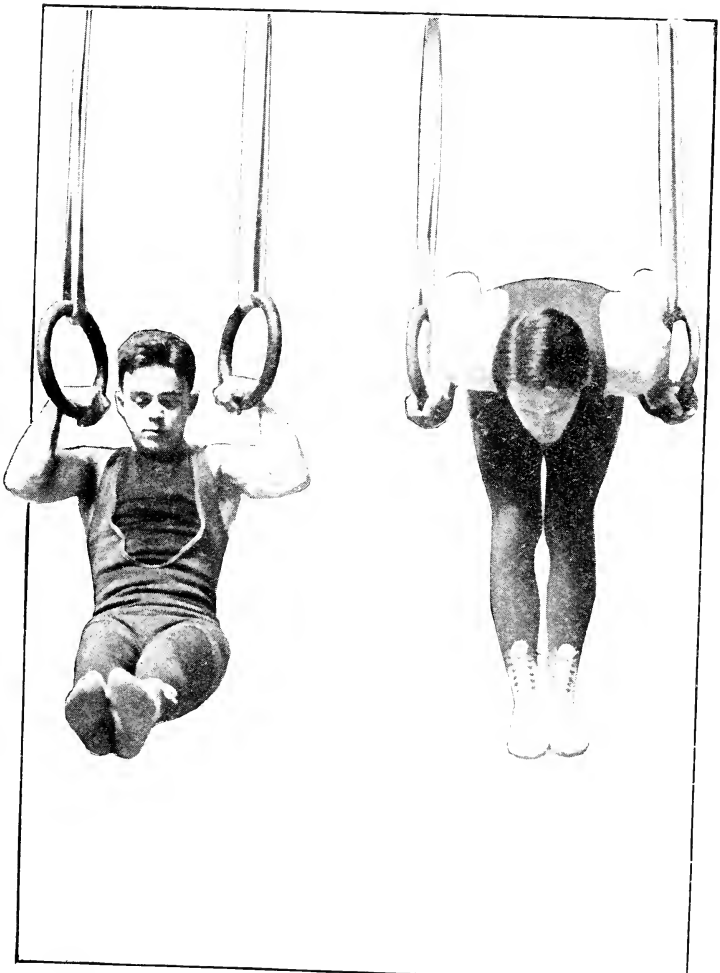
Position 1. Position 2.

FIGURE 1.

FIGURE 1.

Ordinary hang on rings, "false grip" (Figure 3, Position 1); keep rings close to body, pull up as in Figure 1, Position 1. It is at this point where a good, strong pull is needed. Lean forward with head and shoulders, turn rings outward, give a sharp pull, then begin to push till Position 2 is reached. In getting a false grip, place the hands on the rings so that the weight of the body will fall upon the little fingers. (See Figure 3, Position 1).

This is one of the first exercises that one should be able to do with ease in order to practice advanced work upon the rings.



Position 1. Position 2.

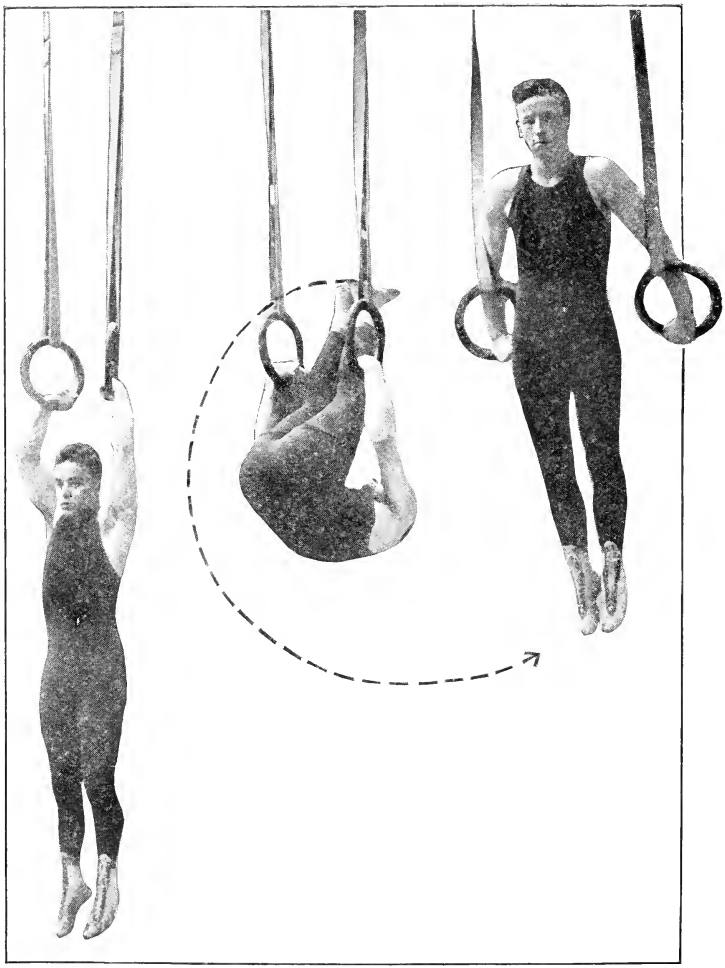
FIGURE 2.

FIGURE 2.

From Position 1 pull up and roll forward as in Position 2. A number of these in succession look well, especially if done easily and in good form.

This exercise can also be done while swinging.

In all ring exercises, keep the chest well thrown out, legs straight, together, and toes pointed.



Position 1. Position 2. Position 3.

FIGURE 3.

FIGURE 3.

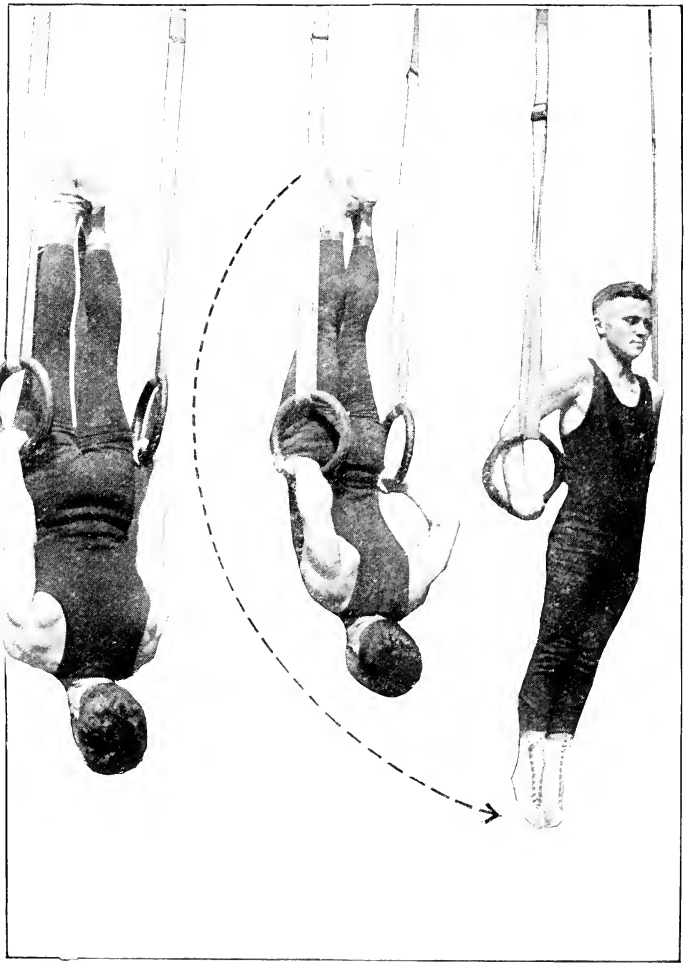
Upstart.

From Position 1 turn body over as in Position 2, throw chest out sharply, pull with hands, snap legs downward, and upstart to Position 3 (false grip).

From Position 1 swing forward and, at end of front swing (Figure 2, Position 1), upstart.

Uprise.

From Position 1 swing and, at end of back swing, without bending as in Position 2, uprise or "pull in" to Position 3. The arms should be kept straight in this exercise.



Position 1. Position 2. Position 3.

FIGURE 4.

FIGURE 4.

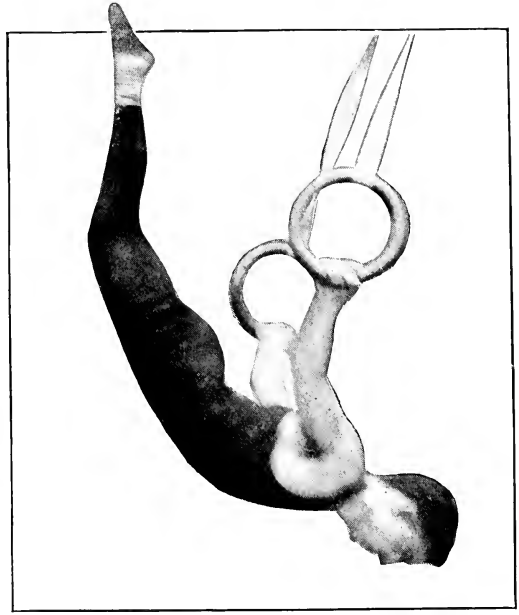
Circle into Rest.

From Position 1, Figure 2, turn over to an inverted hang (Position 1, Figure 4), pull up as in Position 2, keeping rings close to body, false grip; turn rings outward and circle to Position 3.

This can also be performed while swinging.

From Position 2 one can get the "planche above rings," or lever above rings, by circling slowly; lean forward with the head and shoulders, stiffen legs in the rear, keep hands at hips (Figure 11), and the feat is accomplished.

Position 1.



Position 2.

FIGURE 5.

FIGURE 5.

The Dislocation.

The backward dislocation is somewhat similar to circling over, performed quickly and without releasing grasp of hands. It should be practised first without a swing. Some really think the shoulders are being dislocated, but this is because the arms are not bent. In the swing, turn the body over between the hands, keep legs stiff until nearly at end of back swing (Position 1); now shoot the legs over the head, reversing the position of the body (Position 2); turn rings outward and spread arms.

This backward dislocation can be performed at end of forward and backward swings. The triple dislocation is performed consecutively, one at the front, center and back of swing. This requires good judgment going through the ropes at the proper time.

The forward dislocation (see Figure 2) consists in going through the ropes head first, instead of feet passing over head with arms bent. These movements can be alternated.

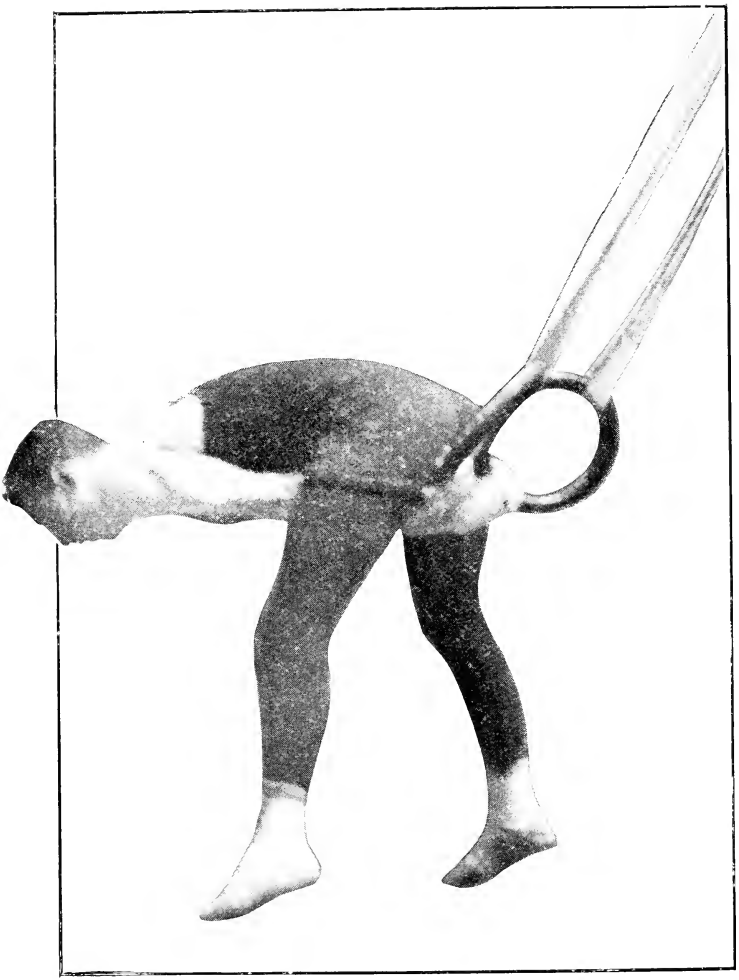


FIGURE 6.

FIGURE 6.

Backward Cut Off.

The backward cut off, or straddle, should be practised standing before attempting it on the swing. In circling backwards keep head back, which will bring one upon the feet. Practice going through the motion without releasing hands, bringing the thighs down against the forearms sharply.

Take one or two steps and, at the end of front swing, turn backward, straddling hands as in figure. Release grasp, throw head backward and dismount.

The backward cut off can be performed at end of backward swing, but is more difficult than at end of front swing.

FIGURE 7.

FIGURE 7.

Forward Cut Off and Catch.

Take a short swing, turn over backward as in Figure 5, Position 1. At end of backward swing bring legs quickly down upon the wrists (see Figure 7); cut off and regrasp rings. The legs should be brought down with sufficient force to bring the head between the rings. At this point the cut off is made. This movement can also be performed at the end of the forward swing (see Figure 8), also at the forward and backward ends in a swing (Figures 7 and 8).

Practice this exercise while standing before attempting it swinging. One may not be able to regrasp again while stationary but will get the idea of the cut.

FIGURE 8.

FIGURE 8.

Forward Cut and Catch.

End of Forward Swing.

This is the same as the preceding exercise, excepting that it is done at the end of the forward swing. A very pretty combination is an uprise at the end of a back swing (see under Figure 3), suddenly go through the ropes head first with bent arms, simultaneously open legs and perform the cut and catch.

From a swinging rest, this movement can also be performed at the end of front swing, but is very difficult.

From the hang, grasp rings, jump to Position 2, Figure 2, open legs and front cut off. This is excellent practice for the swinging movement described above.

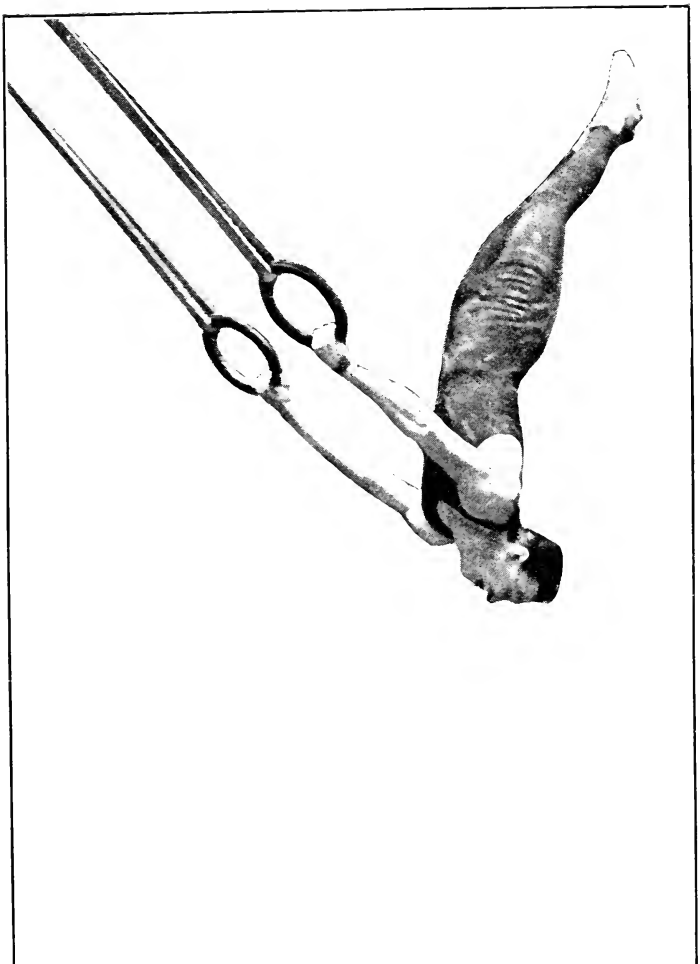


FIGURE 9.

FIGURE 9.

Back Flyaway.

At End of Front Swing.

The backaway, or back flyaway, is dangerous unless assistance is secured. One may practice this without lungers if he turns over as in figure and then releases his grasp. He is then almost over, and in succeeding trials he can turn over each time nearer the horizontal position till he gets the flyaway. The position of the body, when properly performed and when the grasp is released at the end of the front swing, should be as in Figure 13.

The back flyaway makes a very pretty dismount if done in the hollow back position (Figure 13).

At End of Back Swing.

Take a swing about ten feet in height and, when at the front, hold the legs forward, keeping them stiff from the waist. When returning from the front swing, bring the legs backwards, bending from the waist only; the return swing of the body will put one in the correct position for the back somersault or flyaway.

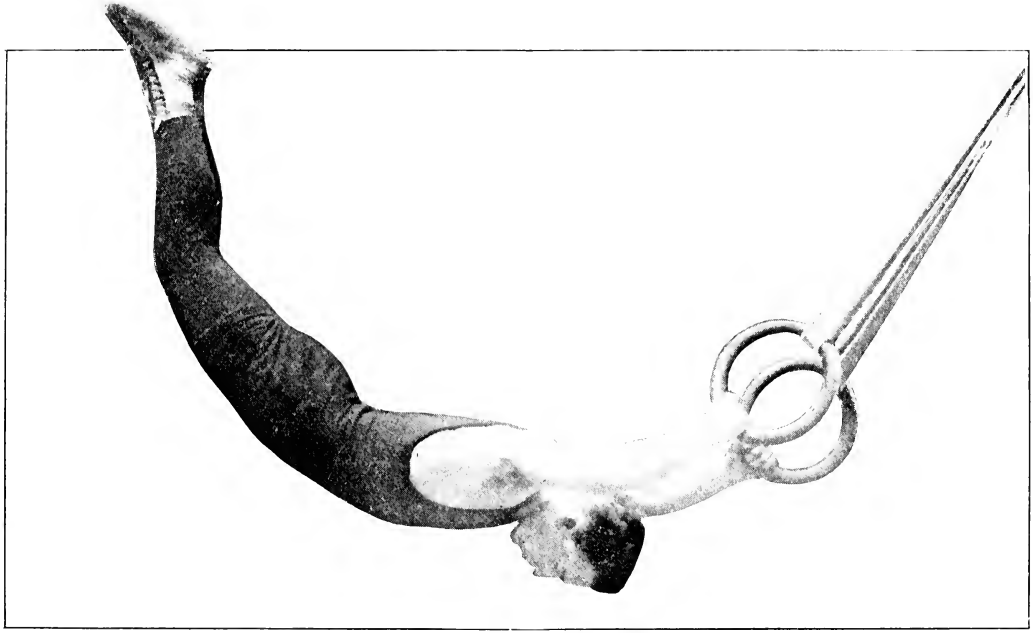


FIGURE 10.

FIGURE 10.

Front Flyaway.

At End of Back Swing.

In attempting the front flyaway one should wear the lungers, with an assistant holding the end of each rope to prevent accident. When in the position of Figure 10, release the grasp, double up the body, and endeavor to catch the ankles. This gives the requisite turn to the body, making a forward somersault in the air and bringing one on his feet. If the ropes holding the rings are of sufficient length, one can eventually work up to the hollow back style of performing the front flyaway.

At End of Front Swing.

The front flyaway can also be performed at the end of the front swing, but requires a great deal of caution while learning it. In all the somersaults in the air, have plenty of mats and assistance while learning to turn.

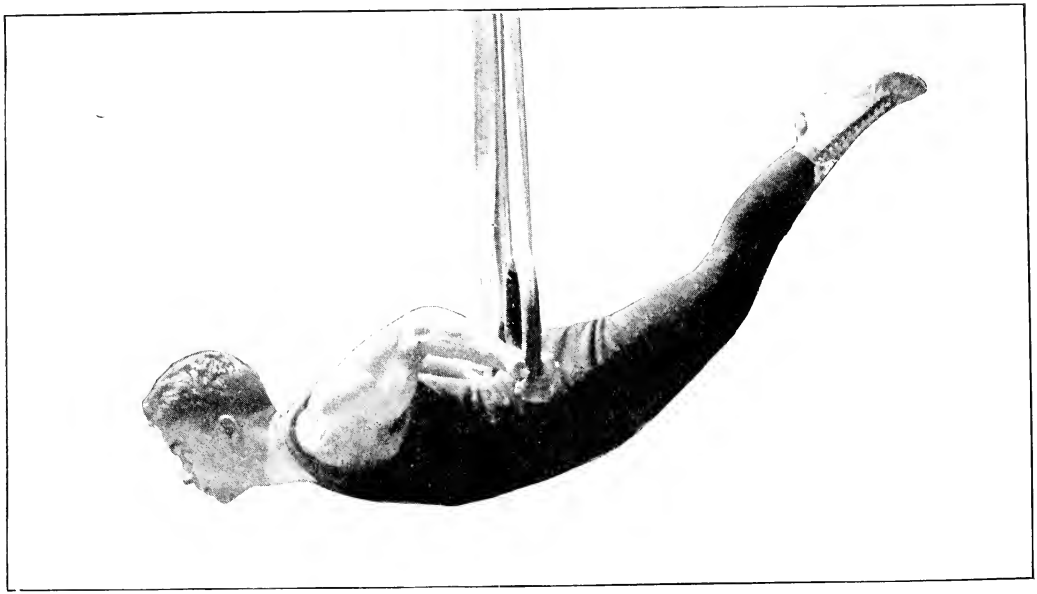


FIGURE 11.

FIGURE 11.

Lever above Rings.

The lever above rings, which is sometimes called the "planche above rings," is a development of the circle into rest (Figure 4). To hold the lever easily, the rings should be parallel with the body.

From the position of Figure 11, push up to a shoulder balance or hand balance, or lower body to Figure 12.

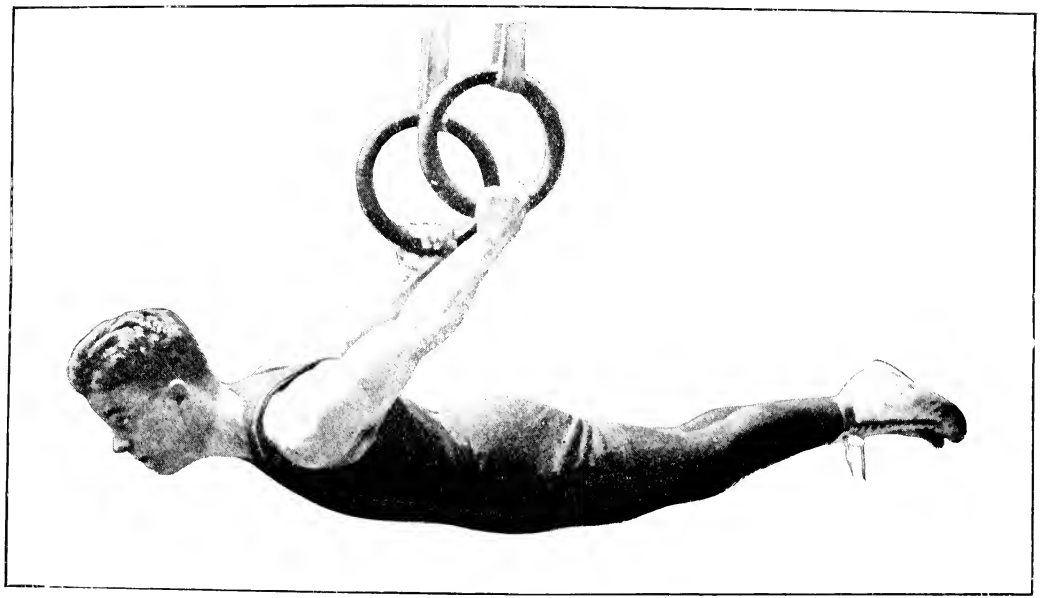


FIGURE 12.

FIGURE 12.

Back Lever.

From an ordinary hang, turn over backwards, extend legs and straighten body as in figure. The closer the rings, the easier it is to hold this lever. The hands being held close together, assist the arms in getting a good hold upon the shoulder blades.

Combinations.—Figure 1 to Figure 17, push up to Figure 19, lower to Figure 18, then Figure 11 to Figure 12, then finish with Figure 16.

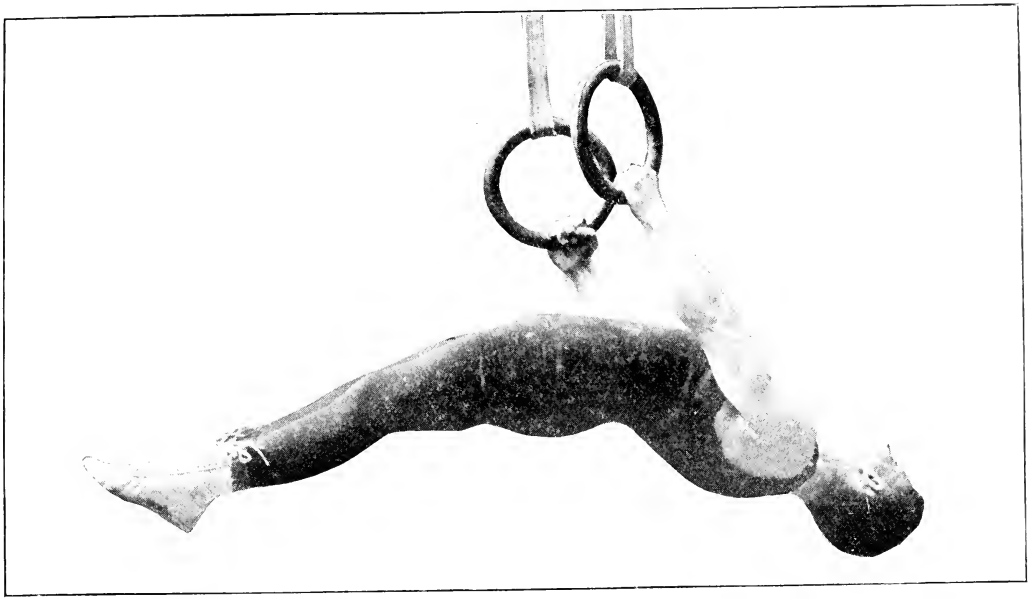


FIGURE 13.

FIGURE 13.

Front Lever.

The front lever, or planche, is the most difficult of any, on account of the position in relation to the muscles that must hold the weight of the body.

From the ordinary hang (Figure 3, Position 1) turn over backward to mat, keeping the back arched as in Figure 13. This is excellent practice.

When practising the front lever, bend the arms at first in order to prevent fatigue and swinging. The hands should be over center of gravity of the body. The illustration shows the way most gymnasts perform the feat. The back is arched too much and the head and feet are not quite in a straight line.

From an inverted hang (Figure 4, Position 1), slowly lower body to front lever.

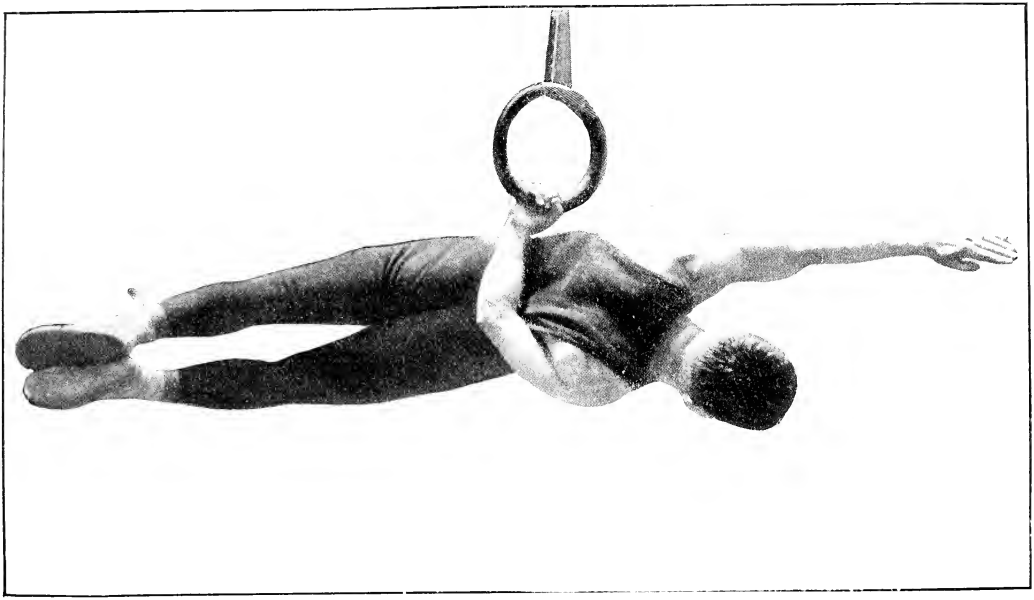


FIGURE 14.

FIGURE 14.

Side Lever. Arm Rear.

From an ordinary hang turn over to an inverted hang (Figure 4, Position 1). Bend the right arm, and bring body in hollow back style across the forearm, resting the waist against the wrist. Keep the arms bent, or the weight of the body falling on the shoulders will cause pain. When the body is in a horizontal position, release the grasp of the left hand and extend the arm as in figure.

The gymnast who posed for Figure 15 did so for the first time, and consequently did not do justice to the exercise. The body in figure should be horizontal, the left arm and leg in a horizontal line.

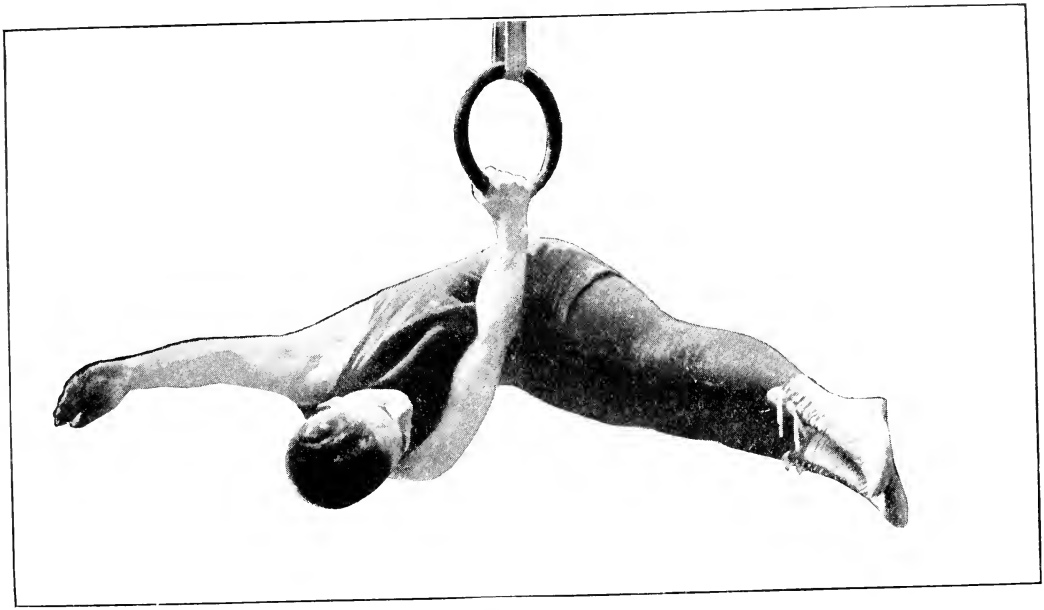


FIGURE 15.

FIGURE 15.

Side Lever. Arm Front.

In Figure 15 the body should not be bent at the waist, and the right arm should be bent as in Figure 14.

The side lever, arm front, is performed by grasping the rope of the right hand ring with the left hand. Bring the upper part of the body over and past the right hand till the waist is opposite the forearm, lean the weight of the body upon it and extend the left arm as in figure. The inclination is to double up, as in figure, but it must be resisted. A little bend can be used to advantage, but too much spoils the look of the exercise.

In both Figures 14 and 15 bend the elbow and extend forearm across back or abdomen and see that the hand is at the center of gravity.

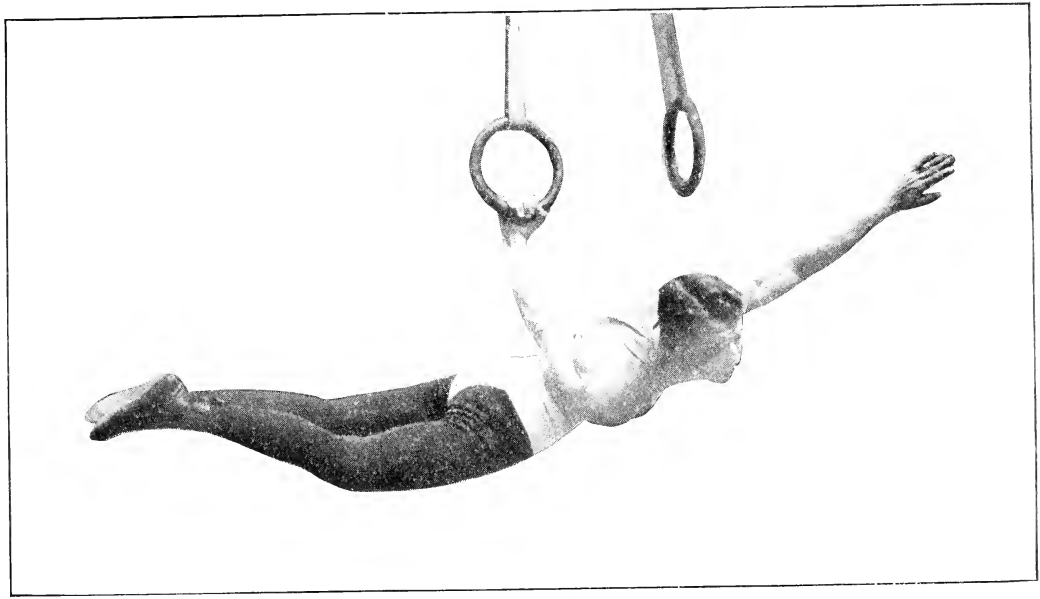


FIGURE 16.

FIGURE 16.

One Arm Back Lever.

The roll into the one arm back lever is a feat that requires strength and perseverance. Commence by pulling up the body by one arm to a bent arm rest position (see Figure 2, Position 1), and with a sudden movement bring the right shoulder forward, at the same time stiffening out the body horizontally (see Figure 16) and extend the left arm.

Another way is to turn over backward, holding with the right hand only, as in Figure 3, Position 2. When the legs are past the right hand, keep waist close to the hand and shoot the legs out suddenly as in Figure 16.

The easiest way to get the exercise is to perform Figure 12, then Figure 14, and then Figure 16. Bring the arm well under the shoulder-blades as in Figure 16.

FIGURE 17.

FIGURE 17.

Shoulder Balance.

From a hang, pull up to a front rest and shoulder balance. One should practice upon the floor or lower parallels in order to master this movement before attempting it on the rings. In learning it, place the feet against the ropes till accustomed to the inverted position.

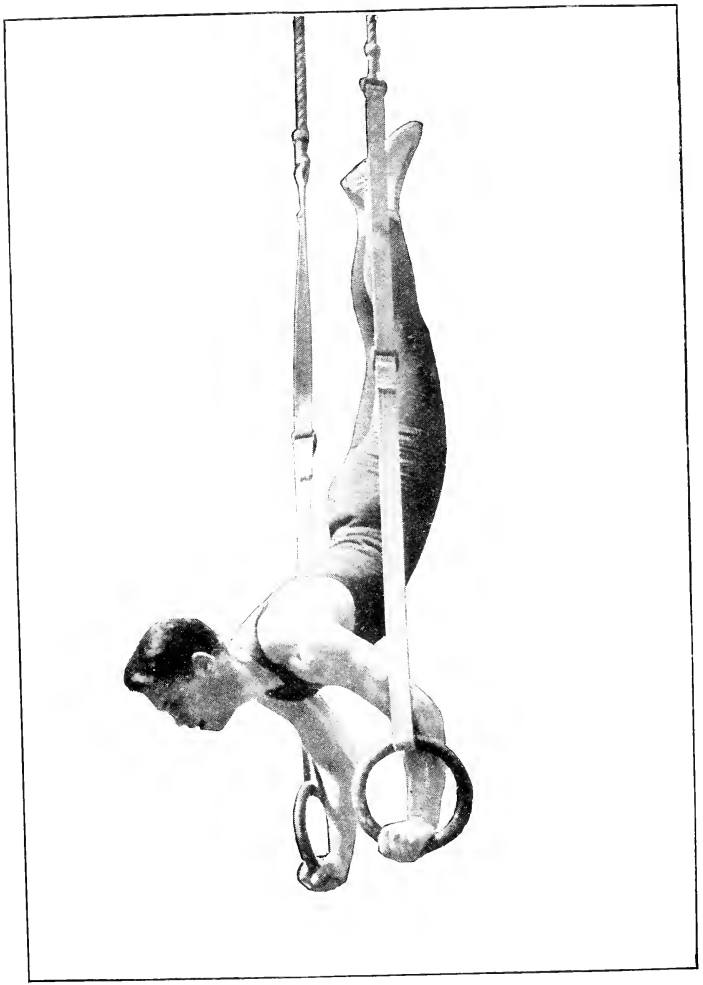


FIGURE 18.

FIGURE 18.

Hand Balance.

From the shoulder stand (Figure 17) push up as in figure. The hard part of the push is in leaving the shoulder balance, and requires well-developed triceps. From Figure 18 to Figure 19, the proper way the hand balance should be performed, is comparatively easy.

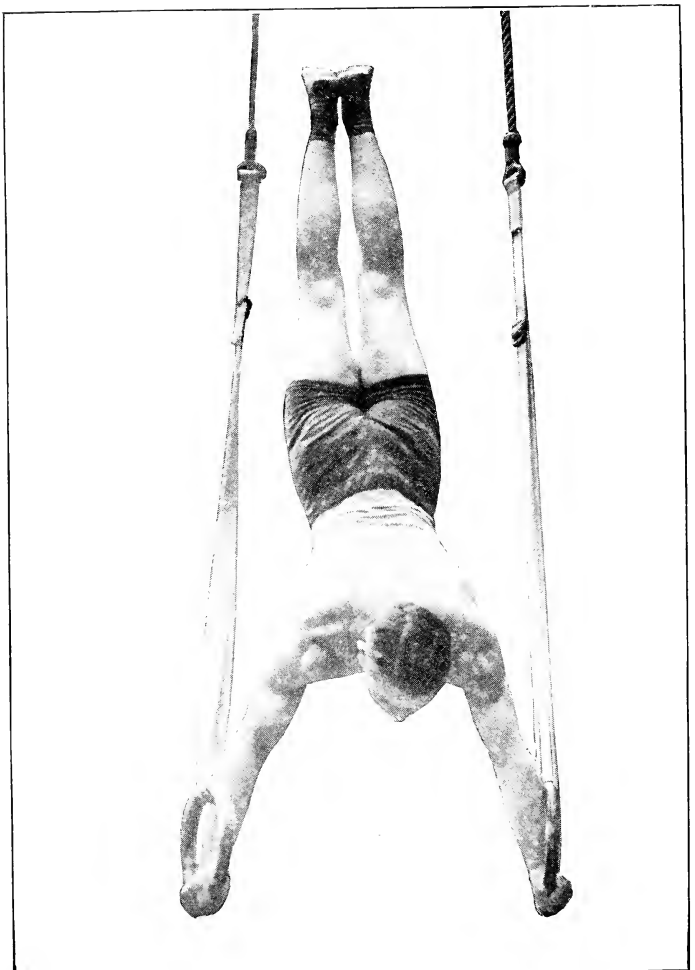


FIGURE 19.

FIGURE 19.

Hand Balance.

The best way to get a hand balance is by repeated trials of pushing up (Figures 17 to 18, then 19), either from the shoulder balance or by circling into rest and pushing up (Figure 4). The hand balance upon the rings is the most difficult of any gymnastic piece of apparatus except the trapeze, and should therefore be the ambition of every advanced gymnast to attain.

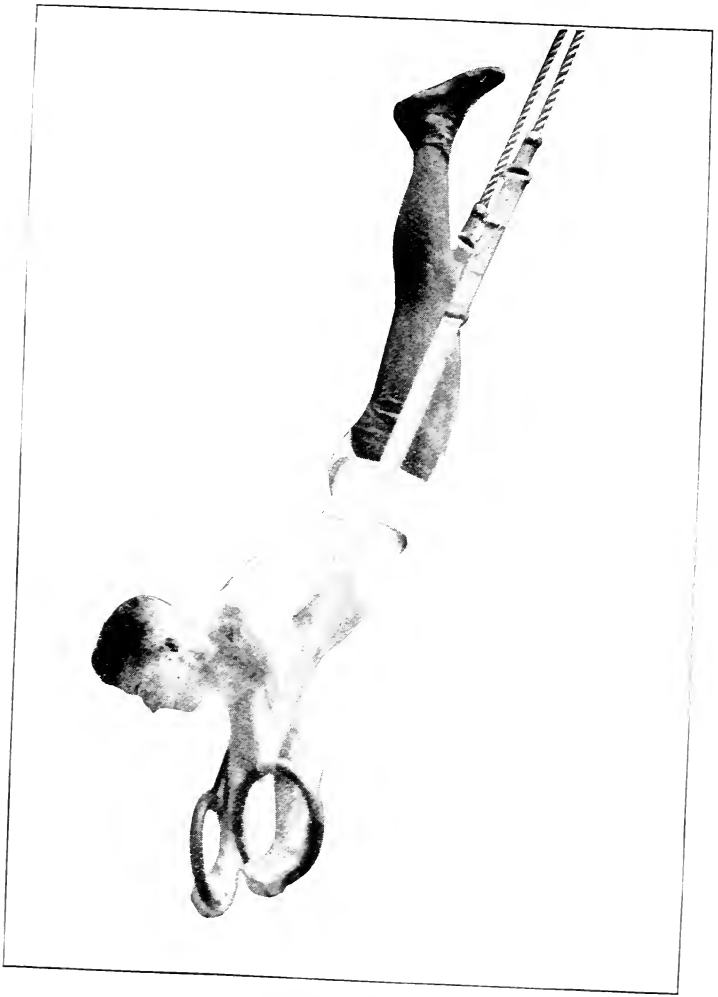


FIGURE 20.

FIGURE 20.

Swinging Hand Balance.

The swinging hand balance is a feat of the first water, especially if one circles into the balance at the end of the back swing. If one is well up in Figures 17 and 19, he can then swing in the hang, circle into rest (Figure 4). Do not allow the legs to come down, but by a quick movement of the legs shoot further upwards, high up between the ropes. This, assisted by a good pull with the arms, will bring one into Position 17, and another push to Figure 20. This must be done rapidly and before the end of each swing.

FIGURE 21.

FIGURE 21.

The Cross.

"The Cross," sometimes called the "iron arm," is very difficult and requires considerable practice. It takes a great deal of strength and plenty of skill to perform it properly. Bring the arms slightly to the front, putting the weight upon the biceps, or front, rather than the triceps, or back muscles of the upper arm.

FIGURE 22.

FIGURE 22.

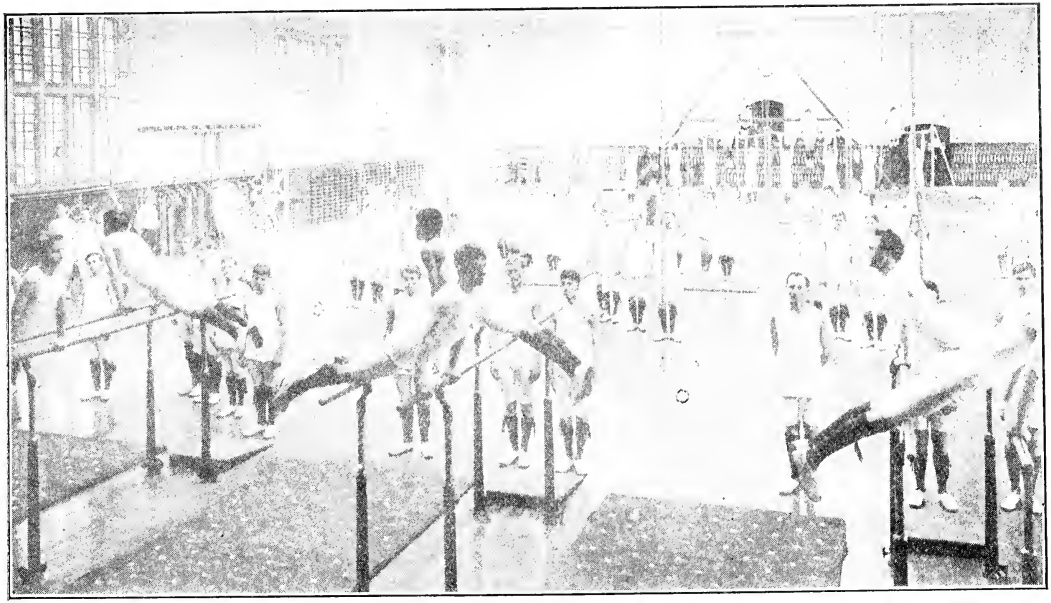
Inverted Cross.

A good exercise to close this article on the rings is the inverted cross. It is more difficult than the preceding exercise. From Figure 19 sink slowly to the inverted cross (see Figure 22).

From Figure 22 return to Figure 19. If one descends much below that in Figure 22 he will be unable to return to Figure 19.

In every gymnasium wherein advanced work is done upon the horizontal, high parallels, rings and trapeze, a pair of low parallel bars should be accesible, in order that the aspiring gymnast may practice the hand balance, changing from one grasp to another, and the pirouette. There is no danger from falling at this height and it also accustoms one to the inverted position of the body.

Caution.—In all exercises involving risk, seek assistance.



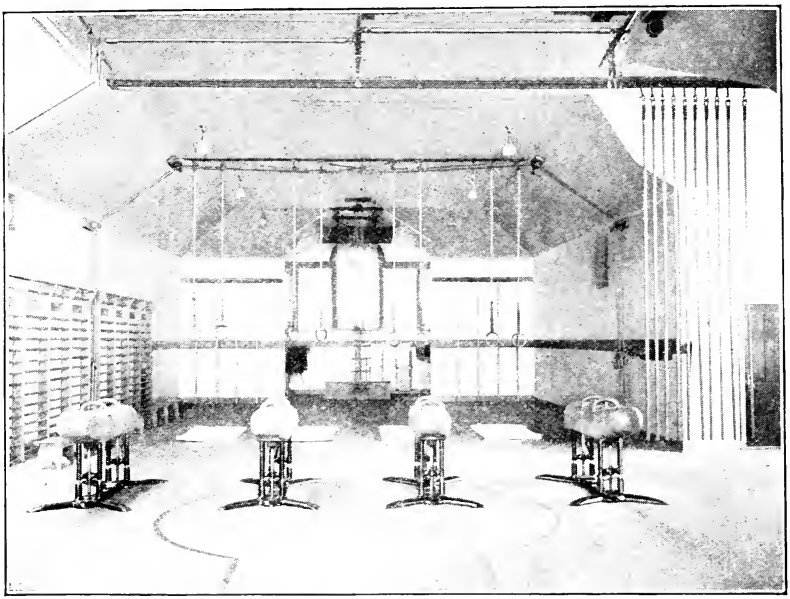
GYMNASIUM OF THE UNIVERSITY OF PENNSYLVANIA.

This Gymnasium has been completely outfitted by Messrs. A. G. Spalding & Bros. The above picture shows all the various pieces of apparatus in place for squad work.

GYMNASIUM OF THE UNIVERSITY OF PENNSYLVANIA.

This picture shows how quickly the Spalding apparatus can be removed from the sockets, etc., leaving a clear floor for mass work, basket ball games, etc.

Spalding
Efficient Gymnasium Apparatus



SUMNER HIGH SCHOOL, ST. LOUIS, MO.

A remarkably efficient gymnasium, comprising in comparatively small space a quadruple set of Vaulting Bars, Horses, Rings, etc., and large groups of Climbing Poles, Bar Stalls, etc.

In the alcove will be seen a Basket Ball Backstop that is folded to the ceiling when not in use. This Backstop is especially adapted to such construction or for gymnasiums that have a stage at one end.

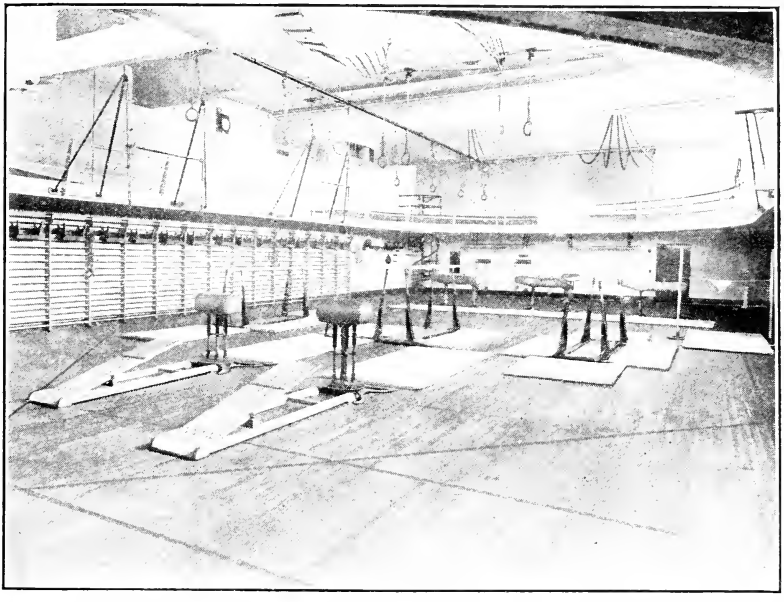
The Vaulting Bars to be seen at the top of the picture are two of a group of four—the two outside bars fold to the walls while the three central uprights and two bars are hoisted to the ceiling by a winch. Climbing Poles seen on the right are drawn out along the overhead track for use.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



BROADWAY HIGH SCHOOL, SEATTLE, WASHINGTON

BOYS' GYMNASIUM

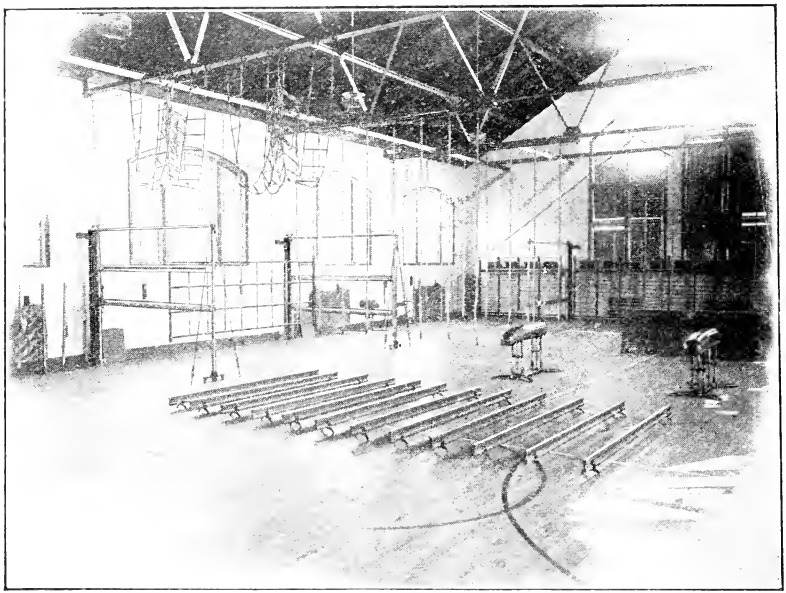
This is typical of the modern efficient equipments that we are installing for Boards of Education in all parts of the country. Outfit comprises:

20 Bar Stalls and Benches
4 Duplicate Back and Loin Chest Weights
8 Traveling Rings
10 Climbing Ropes
2 Rope Ladders
2 Climbing Poles
2 Gallery Braced Horizontal and Vaulting Bars
2 Gallery Braced High Horizontal Bars
2 Pairs Flying Rings
3 Vaulting Horses
3 Vaulting Bucks
3 Parallel Bars
7 Mats, 5' x 10' x 2"
4 Mats, 3' x 9' x 2"
3 Mats, 5' x 7' x 2"
3 Mats, 5' x 5' x 2"
2 Incline Spring Boards
3 Suspended Parallel Bars
1 Striking Bag Disk
1 Pair Jump Standards
1 Vaulting Standard
60 Dumb Bells, 2 lbs.
60 Indian Clubs, 1½ lbs.
2 Vaulting Poles
5 Dozen Calisthenic Wands
5 Dozen Steel Wands
2 Wands
1 Wand Box for Steel Wands
8 Medicine Balls, 8 lbs.
1 Set Anthropometric Apparatus

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



WELLESLEY COLLEGE, WELLESLEY, MASS.

One of the most complete and efficient of girls' gymnasiums. Apparatus is of the Swedish type. Outfit comprises:

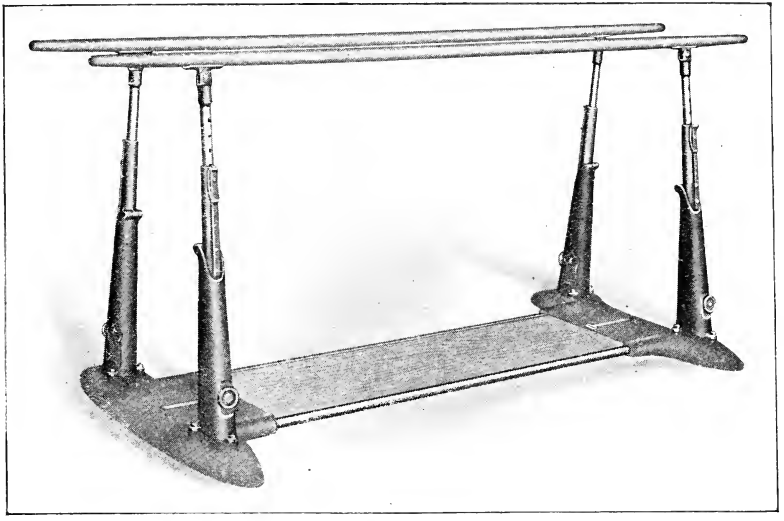
- 6 Counterbalanced Booms and six Bar Saddles.
- 42 Bar Stalls and Benches.
- 35 Italian Hemp Climbing Ropes.
- 12 Rope Ladders.
- 2 Hemp Incline Ropes and winches.
- 2 Incline Ladders — counter-balanced.
- 3 Vertical Window Ladders.
- 2 Horizontal Window Ladders.
- 3 Vaulting Boxes.
- 2 Vaulting Horses.
- 1 Vaulting Buck.
- 12 Balance Beams.
- 4 Storming Boards.
- 6 Pairs Jumping Standards.
- 9 Mattresses, 6'x 4'x 2"
- 2 Pairs Basket Ball Goals and Backstops.
- 2 Storage Cabinets for game implements.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



SPALDING SAFETY ADJUSTABLE PARALLEL BARS
No. 400

Patented U. S., July 16, 1912; November 26, 1912; Patented Canada, March 5, 1912.

Height Adjustment—Spring-pin and lever, with the pin automatically locked in. *Can't snap out.*

Width Adjustment—Screw and traveling nut operated by turning hand wheel. Being *always* locked is *always safe.*

Height Indications—Engraved on the telescoping uprights.

Width Indicator—A small brass plate on each upright shows the width *instantly.*

Ball Bearing Rollers—One under each corner. *Two levers* control the four rollers.

Other Features—Platform Base; Telescoping Uprights of brass covered steel tubing, can't rust; Hinged Rails of selected white ash, oval shaped; all Castings finished in black enamel.

See next page.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

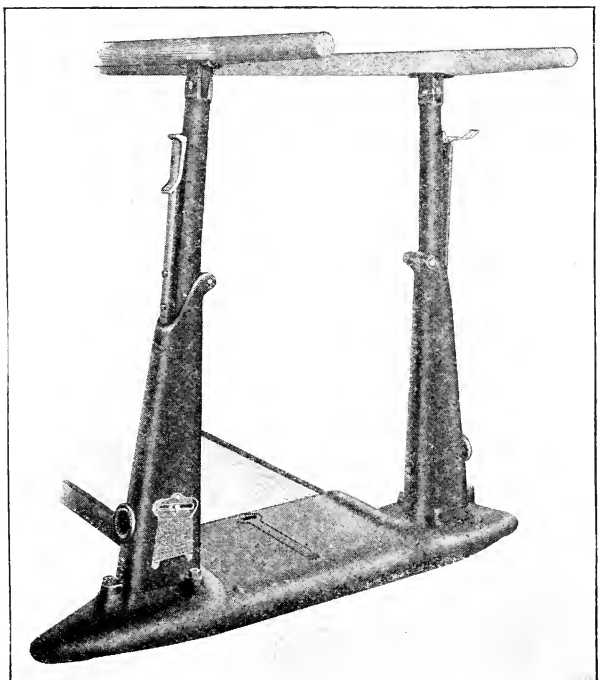
Spalding
Efficient Gymnasium Apparatus

SPALDING SAFETY ADJUSTABLE PARALLEL BARS
No. 400

Hinged rails provide flexibility.

Height adjustment pin held tightly in place by automatic locking bar. *No more accidents.*

Locking bar raised automatically as pin is drawn by lever.



Width adjustment hand wheel operates screw shaft. Always locked in any position. This simply *can't slip.*

Ball bearing swivel roller under each standard.

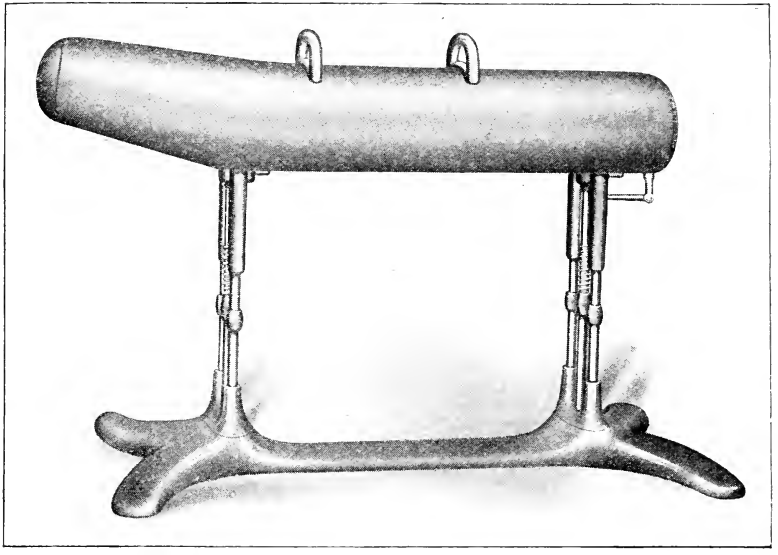
One lever at each end of the base operates two ball bearing swivel rollers under the standards. Convenient operation and positive action.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

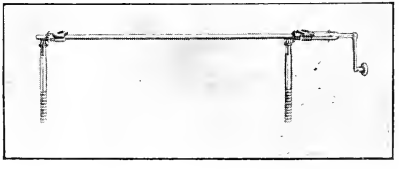
Spalding
Efficient Gymnasium Apparatus



VAULTING HORSE No. 300

Patented January 2, 1912.

All adjustments take place from one point and that the most convenient. At the rear—operated in standing position.



To raise or lower the Horse or Buck a hinged crank is instantaneously adjusted to place and as quickly removed.

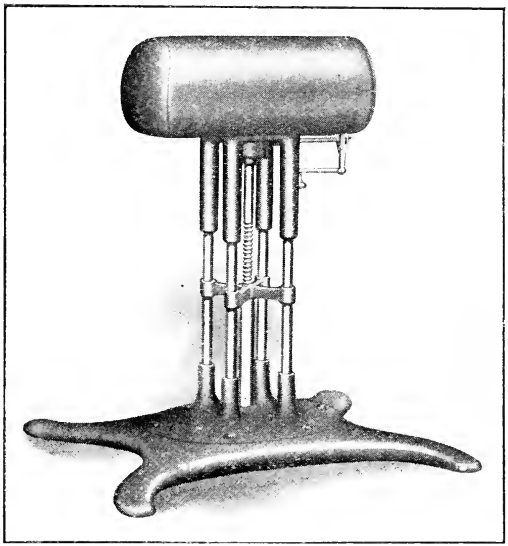
Small picture shows crank in position for use.

See next page for complete description of Horse and Buck.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



VAULTING BUCK No. 305

Patented January 2, 1912.

The power is transmitted through bevel gears by a one piece shaft drive that operates the adjusting screws. The lack of friction in our bevel gears allows fast screws to be used.

Speed of adjustment—from lowest to highest in six seconds.

This same screw when lowered to its limit depresses plates carrying ball bearing swivel rollers, so that the apparatus may be easily, quickly and noiselessly moved about.

The roller action is smooth and uniform; no snap; no jar; no danger to toes or fingers.

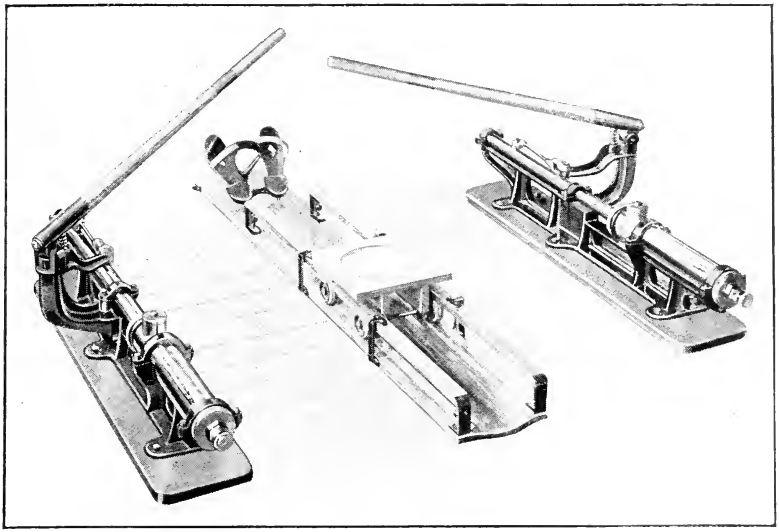
The strength and beauty of design is apparent; the simplicity of the mechanism is obvious and its durability is guaranteed.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



HYDRAULIC ROWING MACHINE

Patented U. S , January 16, 1912; Patented Canada, April 13, 1912.

The Spalding Hydraulic Rowing Machine is built around a new principle of construction that eliminates all the heretofore existing faults in this type of machine, and produces a device as nearly perfect as will probably ever be attained in a substitute for the actual shell and water.

The machine has been *thoroughly tested by experts* who have invariably said that its action is the nearest approach to actual rowing yet attained.

The Spalding Rowing Machine is rust proof, as the chamber and other parts that come in contact with water, are of brass. All parts are extremely substantial.

Supplied in any combination of Oars and Seats.

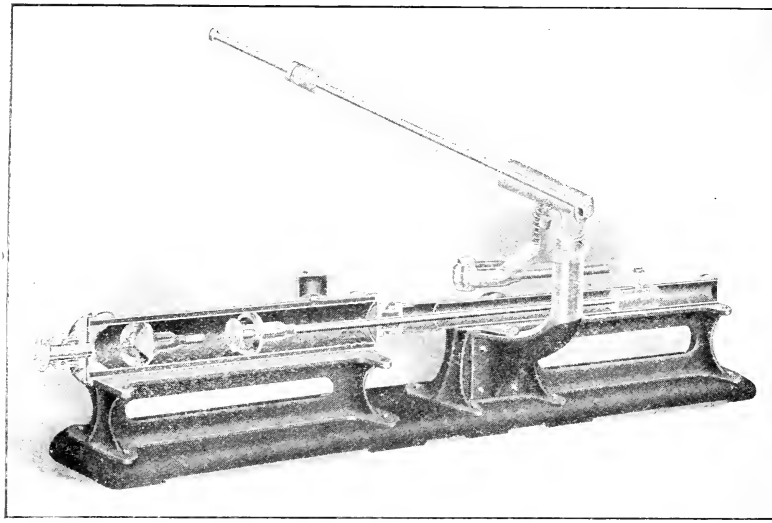
See details on next page.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



HYDRAULIC ROWING MACHINE—Cross Section View

Patented U. S., January 16, 1912; Patented Canada, April 13, 1912.

In the Spalding Hydraulic Rowing Machine the resistance is produced by *water* that retains its consistency in any working atmosphere, and the patented feature that eliminates all air and produces a perfect vacuum insures a *steadiness of stroke* and a *quickness of catch* that is not obtainable in any other device. The cross section view shows two positions of the piston valve—one closed as during the stroke, thus forcing the water through the resistance valve at the end of the chamber the other view shows how piston valve opens instantaneously on removal of pressure. In the Hydraulic Rowing Machines heretofore made the resistance is obtained by a chemical mixture that changes its consistency under atmospheric conditions and thins out under the heat generated in action, with the result that to get good results the resistance must be changed several times during use.

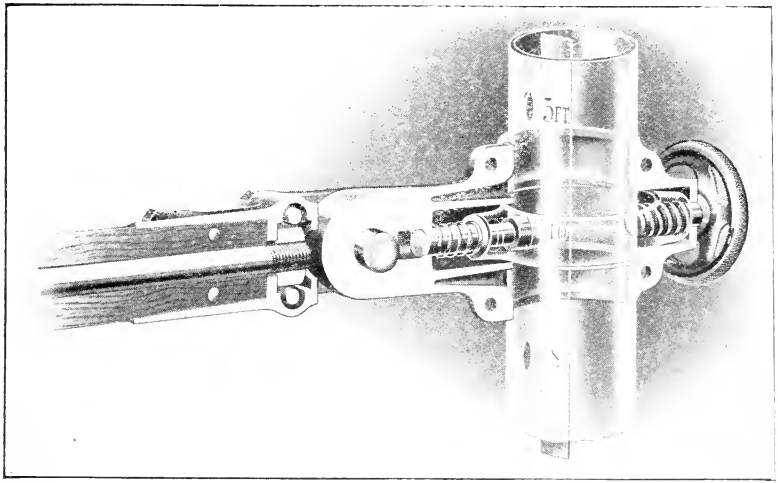
In the Spalding Rowing Machine the resistance is always uniform, until the adjustment of the resistance valve is changed.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



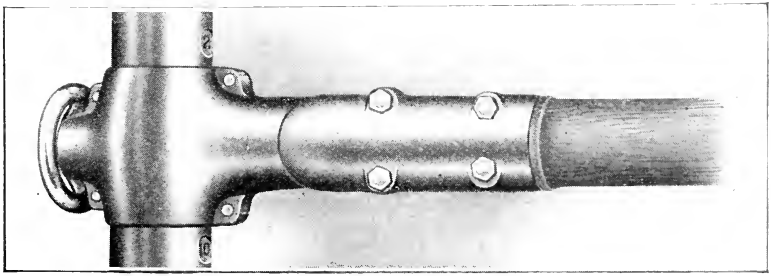
SPALDING EFFICIENT BAR ADJUSTMENT

Pat. U. S., August 20, 1912. **SPEED AND SAFETY** Pat. Canada, January 28, 1913.

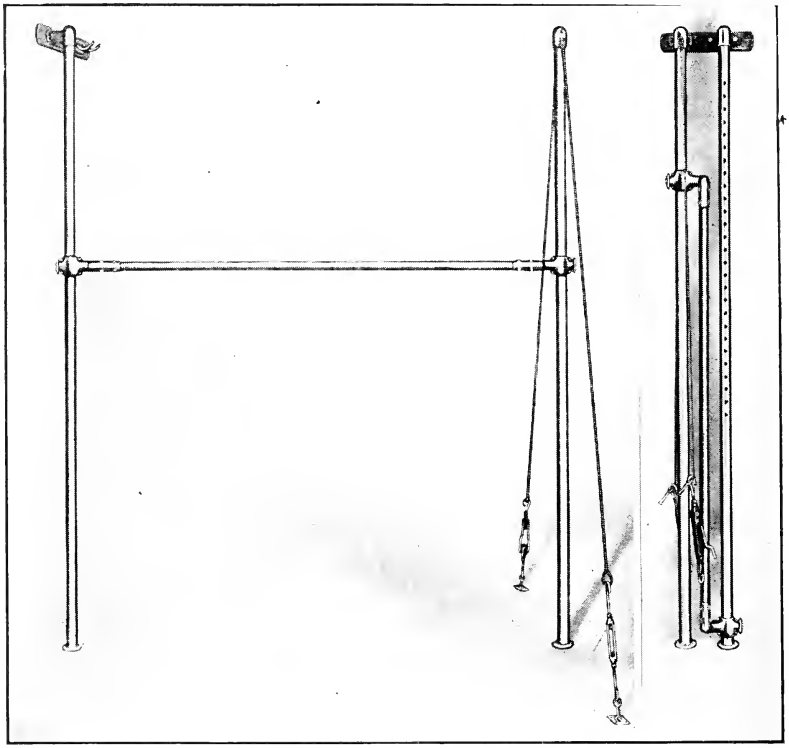
Our patented "quick-set safety" adjusting cap is without question the simplest, safest and most efficient pin device yet produced.

Upon the hand-wheel being turned to the right the sliding collar is forced back until it engages the back shoulder of the spring-pin, at which time the spring-pin also travels backward and out of the perforation in the upright.

To clamp the Bar, the hand-wheel is turned to the left, which draws the collar forward, allowing the spring-pin free play. If the spring-pin is not directly opposite the perforation, but instead bears on the upright, it will spring into the perforation just as soon as it comes opposite. Another slight turn of the hand-wheel to the left clamps the collar firmly against the upright and prevents any rattle.



Spalding
Efficient Gymnasium Apparatus



HORIZONTAL AND VAULTING BAR No. 554

One upright permanently attached to wall, the other guyed by steel cables with instantaneous turnbuckles.

Folds so compactly it may be attached to posts or columns.

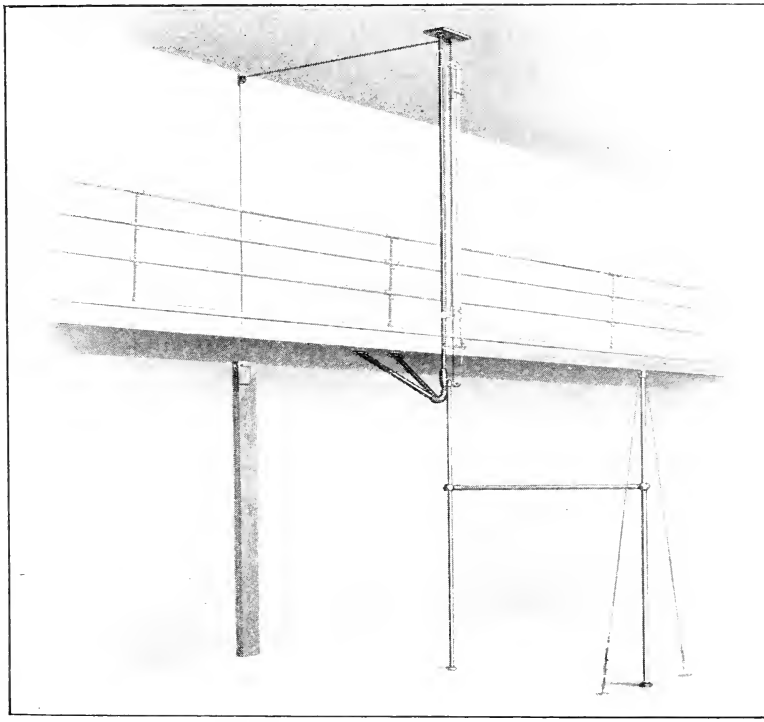
Uprights of *brass covered steel tubing* with our patented interior height indications.

Bars of either Steel-Core Hickory or Solid-Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



GALLERY HORIZONTAL AND VAULTING BAR No. 560

Similar in general construction to No. 554 Bar shown on preceding page, but is provided with a counterbalance weight so that the entire apparatus may be quickly and easily cleared from the floor.

Uprights of *brass covered steel tubing* with our patented interior height indications.

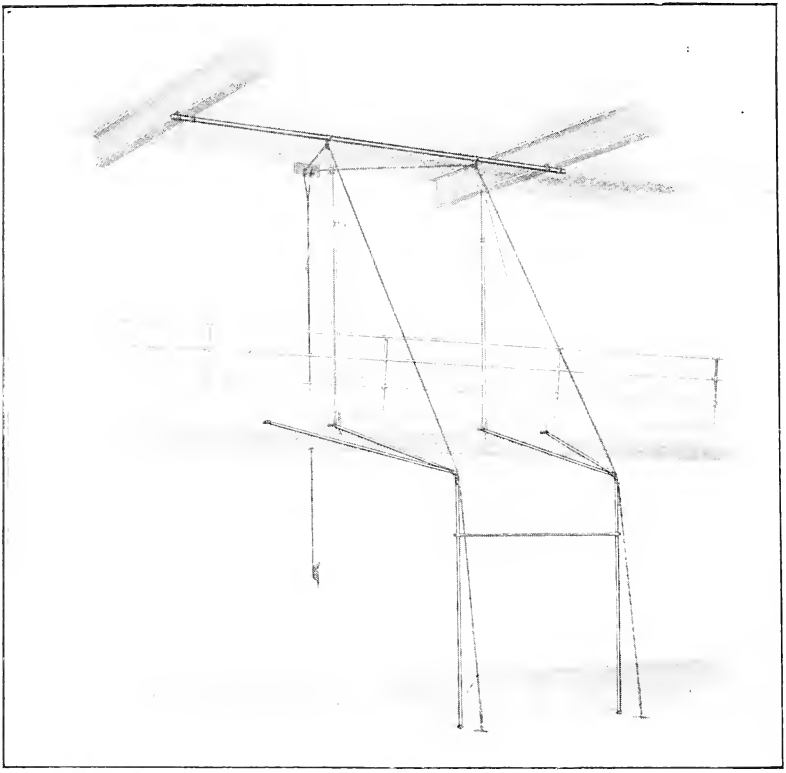
Bars of either Steel-Core Hickory or Solid Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



GALLERY BRACED HORIZONTAL AND VAULTING BAR
No. 579

The most efficient combination bar for rooms with gallery. Braced out eight feet—can be used for all Vaulting and High Bar work. May be quickly and easily hoisted to face of gallery as shown in phanton view.

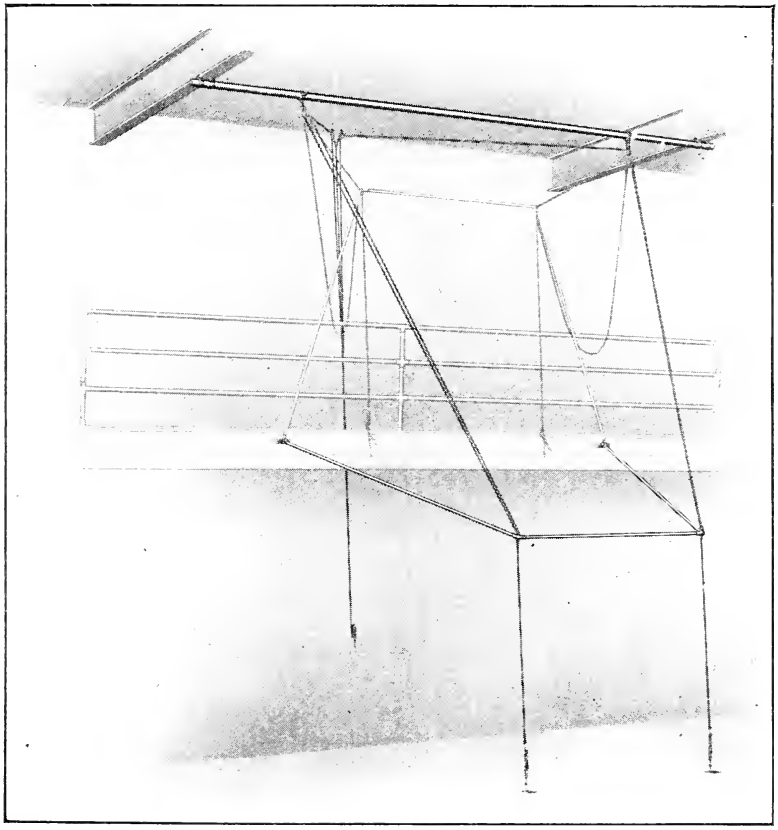
Uprights of *brass covered steel tubing* with our patented interior height indications.

Bars of either Steel-Core Hickory or Solid-Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



GALLERY BRACED HIGH HORIZONTAL BAR No. 580 Pat. Sept. 19, 1911.

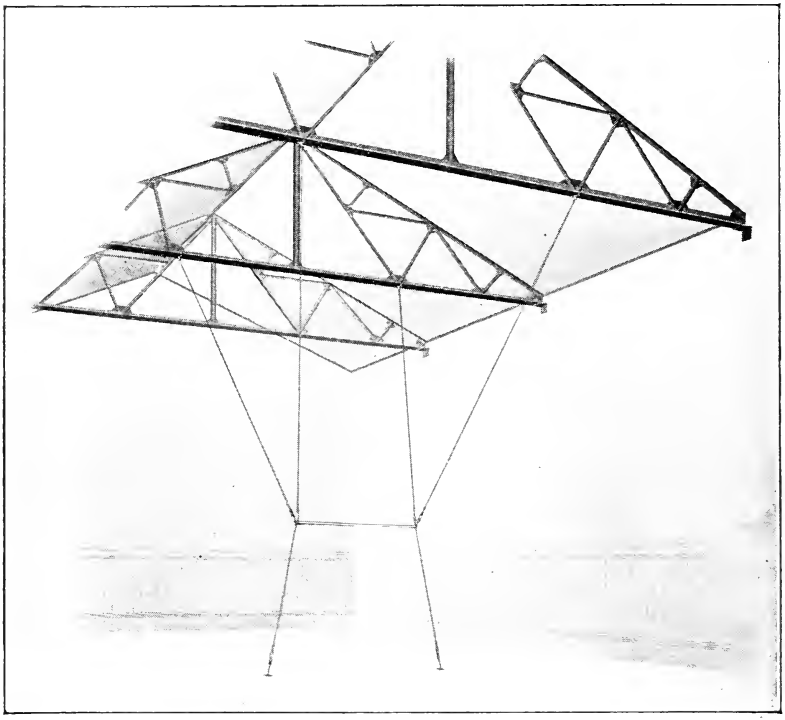
A very efficient Horizontal Bar for attachment to gallery or to the wall. Of sturdy construction and well braced, quickly and easily hoisted to the face of gallery as shown in phantom. Steel cable guys with instantaneous turnbuckles. Bar of Steel-Core Hickory or Solid-Steel.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



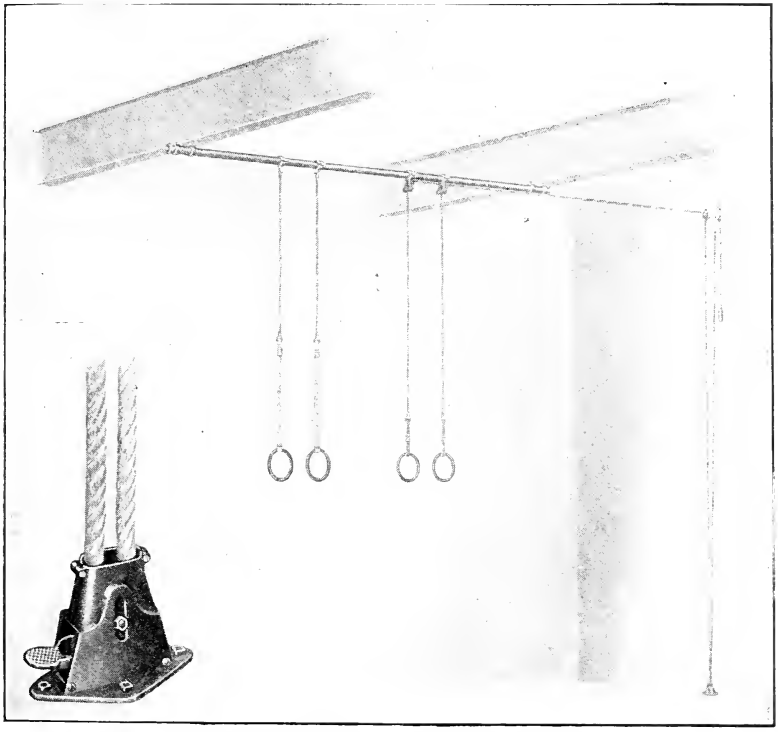
SIX-GUYED HIGH HORIZONTAL BAR
No. 586

Especially adapted to high ceilings. May be quickly hoisted to ceiling by releasing instantaneous turnbuckles on floor guys.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



ADJUSTABLE FLYING RINGS

Patented U. S., January 2, 1912; Patented Canada, April 13, 1912.

Flying Rings are made in two forms (No. 825), that shown on the left with adjustable webbing straps, and (No. 830) that on the right with wall adjustment device.

The Rings with wall adjustment are especially adapted for school gymnasiums. By pressing the floor lever with the toe the rope clutch is released so that rings can be adjusted to any height or hoisted to the ceiling. Adjusting straps are provided to take up any uneven stretching of the ropes.

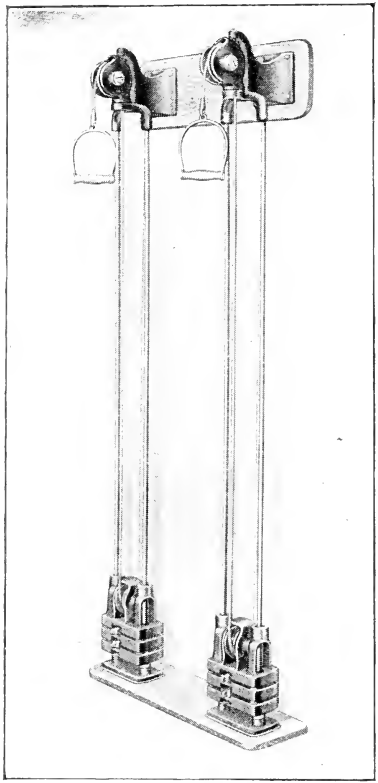
Fittings are all of malleable iron, black japanned. Rings are of steel with cowhide covers. The ceiling fittings can be provided for either pipe beam, as shown in the photograph, or for flat beam.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

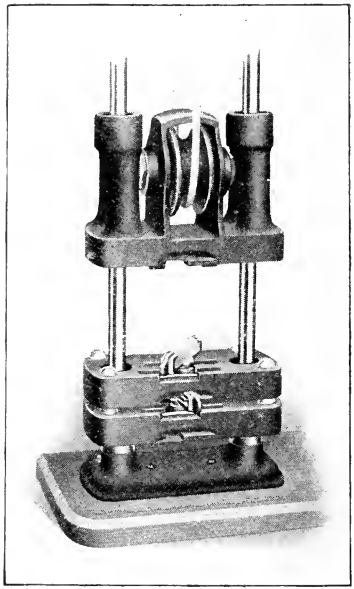
Spalding
Efficient Gymnasium Apparatus



SPALDING GYMNASIUM PULLEY WEIGHTS

Durable, noiseless, of handsome design and finish. All approved combinations:

Chest Weights.
Duplicate Back and Loin.
Duplicate Intercostal.
Triplicate Back and Loin-Intercostal.
Quarter Circles, etc.

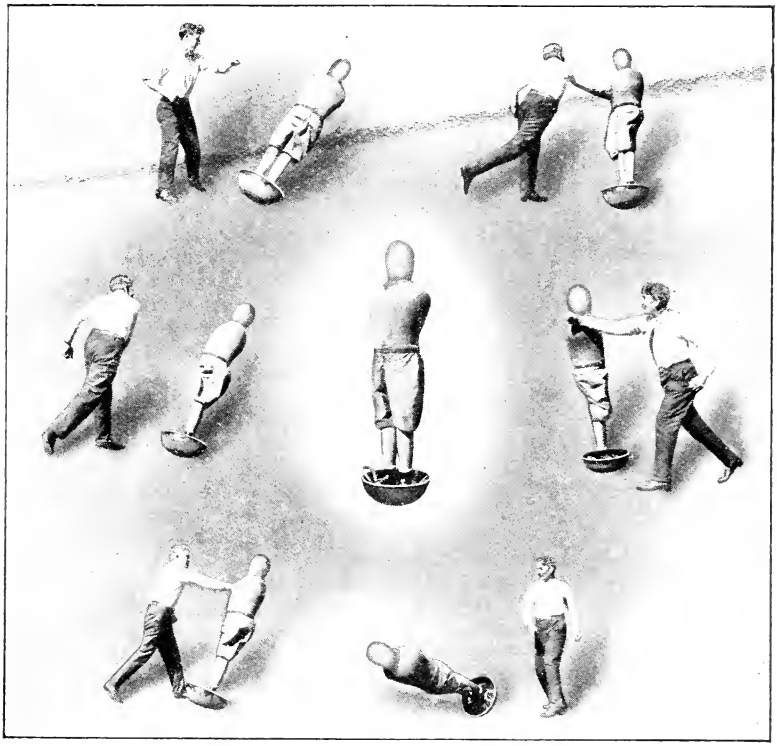


WEIGHT DETAILS—Central balance. Levers lock at two points. Weights cannot rattle and work loose. Felt bushings and rubber bumpers. Pulleys have adjustable, self-lubricating, wood-bushed bearings.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



Pat. March 22, 1910. **THE FIGHTING DUMMY** Pat. October 31, 1911.

Here's a "fighter" that always "comes back"—you do not always know just where—that trains the eye, mind and muscle, but he won't stay down unless you sit on him, and he'll give more exercise and fun than any other piece of gymnasium apparatus you've ever seen.

Consists of an inflated figure, covered with heavy brown canvas, mounted on a hidden steel frame, and fastened (removably) to a heavy bowl-shaped iron base.

Many can gather around for fistic encounter, and all will be kept busy.

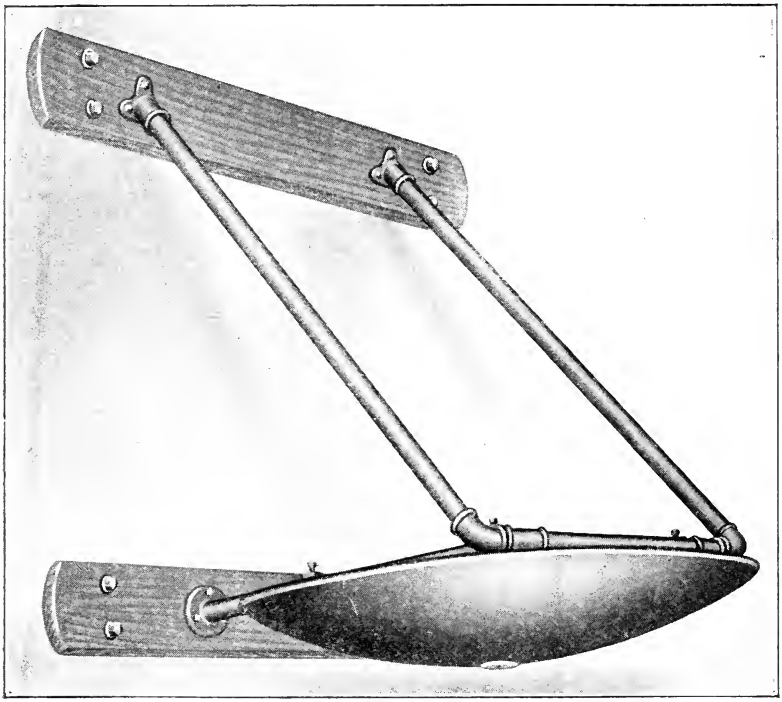
No. 1.	Full Size Dummy, for men's use.	Each,	$50.00
No. 2.	Medium Size Dummy, for boys or young women. . .	"	25.00
No. 3.	Small Size Dummy, for children.	"	15.00

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



STRIKING BAG DISC No. 1181

Made of iron, cast in convex form. Wall braces of steel pipe with malleable fittings. Handsomely finished in black enamel. Nickel-plated removable swivel for attaching bag.

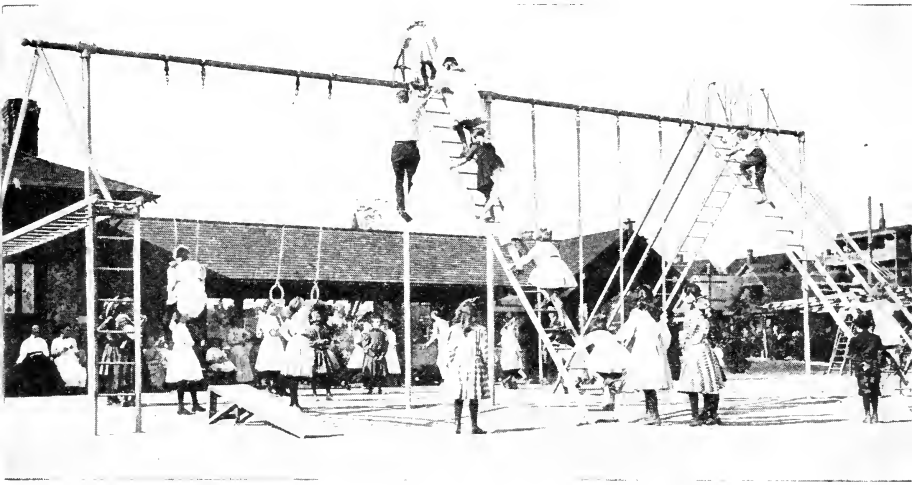
Can be supplied with pipe hangers for attaching to low ceiling or under gallery if desired.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
All-Steel Playground Apparatus



The World's Standard Playground Apparatus

SPALDING ALL-STEEL

YOU SEE IT EVERYWHERE

WRITE FOR CATALOG X-3

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

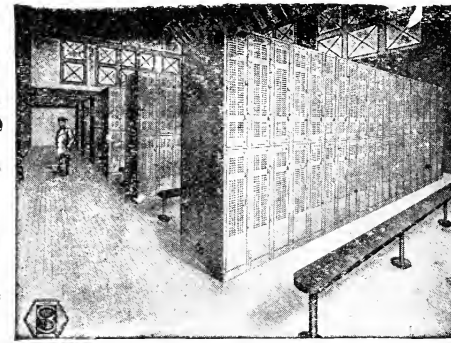
ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Durand-Steel Lockers

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

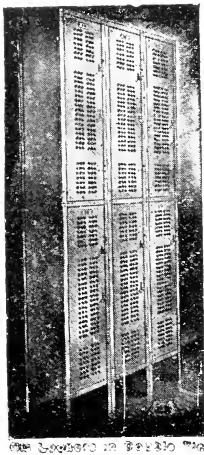
Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

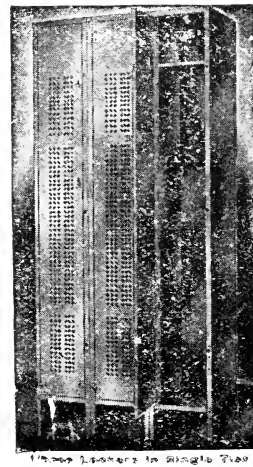


Some of the 6,000 Durand-Steel Lockers Installed in the Public Gymnasiums of Chicago. 12"x15"x42", Double Tier.

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.



Lockers in Double Tier



Lockers in Single Tier

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE THOSE MOST COMMONLY USED:

DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect July 5, 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SPALDING'S NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. ∴ ∴ SEND FOR A FREE COPY.

SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOOK

Ankle Brace, Skate
Ankle Supporter
Athletic Library
Attachments,
Chest Weight

Bags—
Caddy
Striking
Skate
Balls—
Base
Basket
Field Hockey
Foot, College
Foot, Rugby
Foot, Soccer
Golf
Hand
Hurley
Indoor Base
Lacrosse
Medicine
Playground
Polo, Roller
Polo, Water
Push
Squash
Volley
Ball Cleaner, Golf
Bandages, Elastic
Bar Bells
Bar Stalls
Bars—
Horizontal
Parallel
Bases, Indoor
Bats, Indoor
Belts—
Elastic
Leather and Worsted
Wrestling
Bladders—
Basket Ball
Fighting Dummy
Foot Ball
Striking Bag
Blades, Fencing
Blankets, Foot Ball

Caddy Badges
Caps—
Lacrosse
Outing
Skull
University
Water Polo
Chest Weights
Circle, Seven-Foot
Clock Golf
Collarette, Knitted
Corks, Running
Cross Bars, Vaulting

Discus, Olympic
Discs—
Marking, Golf
Rubber, Golf Shoe
Disks, Striking Bag
Dumb Bells

Emblems
Embroidery
Exercisers—
Elastic
Home

Felt Letters
Fencing Sticks
Fighting Dummies
Finger Protection, Hockey
Flags—
College
Marking, Golf
Foils, Fencing
Foot Balls—
Association
College
Rugby
Foot Ball Clothing
Foot Ball Goal Nets
Foot Ball Timer

Gloves—
Boxing
Fencing
Golf
Hand Ball
Hockey, Field
Hockey, Ice
Lacrosse
Goals—
Basket Ball
Foot Ball
Hockey, Field
Hockey, Ice
Lacrosse
Golf Clubs
Golf Sundries
Golfette
Grips—
Athletic
Golf
Gymnasium, Home
Gymnasium Board, Hon.
Gymnasium, Home Outfits

Hammers, Athletic
Hangers for Dumb Bells
Hangers for Indian Clubs
Hats, University
Head Harness
Health Pull
Hob Nails
Hockey Pucks
Hockey Sticks, Ice
Hockey Sticks, Field
Holder, Basket Ball, Canvas
Hole Cutter, Golf
Hole Rim, Golf
Horse, Vaulting
Hurdles, Safety
Hurley Sticks

Indian Clubs
Inflaters—
Foot Ball
Striking Bag

Jackets—
Fencing
Foot Ball
Javelins
Jerseys

Knee Protectors
Knickerbockers, Foot Ball

Lace, Foot Ball
Lacrosse Goods
Ladies'—
Fencing Goods
Field Hockey Goods
Gymnasium Shoes
Gymnasium Suits
Skates, Ice
Skates, Roller
Skating Shoes
Snow Shoes
Lanes for Sprints
Leg Guards—
Foot Ball
Ice Hockey
Leotards
Letters—
Embroidered
Felt
Liniment, "Mike Murphy"

Masks—
Fencing
Nose
Masseur, Abdominal
Mattresses, Gymnasium
Mattresses, Wrestling
Megaphones
Mitts—
Handball
Striking Bag
Moccasins
Monograms
Mouthpiece, Foot Ball
Mufflers, Angora

Needle, Lacing
Nets—
Basket Ball
Golf Driving
Volley Ball
Numbers, Competitors'

Pads—
Chamois, Fencing
Foot Ball
Wrestling
Paint, Golf
Pants—
Basket Ball
Boys' Knee
Foot Ball, College
Foot Ball, Rugby
Hockey, Ice
Running
Pennants, College
Pistol, Starter's
Plastrons, Fencing
Plates—
Teeing, Golf

Platforms, Striking Bag
Poles—
Ski
Vaulting
Polo, Roller, Goods
Protectors—
Abdomen
Eyeglass
Finger, Field Hockey
Indoor Base Ball
Knee
Thumb, Basket Ball
Protection, Running Shoes
Pucks, Hockey, Ice
Push Ball
Pushers, Chamois

Quoits

Racks, Golf Ball
Racquet, Squash
Rapiers, Fencing
Referee's Whistle
Rings—
Exercising
Swinging
Rowing Machines

Sacks, for Sack Racing
Sandals, Snow Shoe
Sandow Dumb Bells
Scabbards, Skate
Score Books—
Basket Ball
Shin Guards—
Association
College
Field Hockey
Ice Hockey
Shirts—
Athletic
Rubber, Reducing
Soccer
Shoes—
Acrobatic
Basket Ball
Bowling
Clog
Fencing
Shoes—
Foot Ball, College
Foot Ball, Rugby
Foot Ball, Soccer
Golf
Gymnasium
Jumping
Running
Skating
Snow
Squash
Street
Walking
Shot—
Athletic
Indoor
Massage
Skates—
Ice
Roller

Skate Bag
Skate Keys
Skate Rollers
Skate Straps
Skate Sundries
Skis
Snow Shoes
Sprint Lanes
Squash Goods
Standards—
Vaulting
Volley Ball
Straps—
For Three-Legged Race.
Skate
Sticks, Roller Polo
Stockings
Stop Boards
Striking Bags
Suits—
Base Ball, Indoor
Gymnasium, Ladies'
Soccer
Swimming
Water Polo
Supporters—
Ankle
Wrist
Suspensories
Sweaters
Swivels, Striking Bags
Swords, Fencing
Swords, Duelling

Tackling Machine
Take-Off Board
Tape, Measuring, Steel
Tees, Golf
Tennis Posts, Indoor
Tights—
Full
Full, Wrestling
Hockey
Knee
Toboggans
Toboggan Cushions
Toe Boards
Toques
Trapeze, Adjustable
Trapeze, Single
Trousers—
Y. M. C. A.
Foot Ball
Trunks—
Velvet
Worsted

Uniforms—
Base Ball, Indoor

Wands, Calisthenic
Watches, Stop
Weights, 56-lb.
Whistles
Wrestling Equipment
Wrist Machines

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SEP 24 1913

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By A. G. Spalding.

PRESIDENT.

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